

It's all over the Internet. Here's how to avoid manipulation **metroLIFE**



P(L)AYING FAIR

SERENA WILLIAMS FOR EQUAL PAY IN SPORTS

metroLIFE



Ottawa  **GILMORE GIRLS PART 2** GIRL-ON-GIRL
BANTER IS BACK — AND IT WAS MISSED
metro**VIEW**S

Your essential daily news | THURSDAY, DECEMBER 1, 2016

High 7°C/Low 1°C Cloudy with a chance of rain



Actua educator Kevin Semple demonstrates 3D printing at a launch event on Parliament Hill.

JUSTICE SYSTEM

Ottawa Crown prosecutors average 240 cases per year



Ryan Tumilty
Metro | Ottawa

The average Crown prosecutor in Ottawa carries 244 cases a year — a situation that people in the justice system say is leading to delays and a clogged courthouse.

Earlier this month, Adam Picard, who was charged with first-degree murder in the death of Fouad Nayel, was released because it had taken four years to bring his case to trial.

Brendan Crawley, a spokesperson for Ontario's ministry of the attorney general, said the average case load between April 2015 and March 2016 was 244 cases per Crown prosecutor — up slightly from a case load of 236 the previous year.

Crawley said that's a simplified calculation that doesn't show the true picture of the demands Crown prosecutors are under.

"The assignment of each criminal case to individual Crowns is based on a number of factors, including the seriousness of the

offence, case complexity, trial Crown experience, and scheduling demands," he said.

Since 2014, there has been an average of 44 Crown attorneys in Ottawa, he added.

Kate Matthews, president of the Ontario Crown Attorney's Association, said that's a heavy case load and the cases are more complicated than they once were, with more video or technical evidence and other issues.

"The cases themselves are far more complicated, so it takes much longer to prepare," she said. "That is not going to go away, cases are not going to get less complicated."

She said most crowns are spending a significant amount of time in court, making it harder to prepare for cases.

Anne London-Weinstein, president of the Defence Counsel Association of Ottawa, said the issue with Crowns spreads to the rest of the system, with legal aid and other resources also underfunded.

"The overall atmosphere in criminal justice is that there is a lack of funding," she said.

She said she wouldn't speak for prosecutors, but can see they are handling much more work than they used to.

"I can see that the crowns have a lot more on their plate and I can see that they have less time."

TAKING THE CODE ON THE ROAD

Science van to embark on cross-Canada tour **metroNEWS**



NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS
Canada is our stage. Le Canada en scène.

A CHRISTMAS CAROL

DECEMBER
13-31
Tickets from
\$32



Andy Jones © Matt Barnes

by *Charles Dickens*
Adapted and directed by Jillian Keiley.

Featuring
Andy Jones
as Scrooge

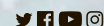
NAC ENGLISH THEATRE
JILLIAN KEILEY ARTISTIC DIRECTOR
nac-cna.ca

OFFICIAL HOTEL PARTNER



Presented by
Sun Life Financial

[ticketmaster.ca](https://www.ticketmaster.ca)
1-888-991-2787 (ARTS)





#Women on boards

Canadian firms more diverse

SURVEY

Women make up 21% of the directors in big companies



Ryan Tumilty
Metro | Ottawa

Canada's major corporations have a few more women and a bit more diversity around their boardroom tables — but they are still a long way from reflecting the make-up of the country.

The Canadian Board Diversity Council released its annual survey this week showing that women now make up 21.6 per cent of the directors on the boards of 500 major Canadian companies. That's up slightly from 19.5 per cent last year and up significantly from the 10.9 per cent in 2009, when the survey first began.

About 4.5 per cent of board



Some sectors (like) finance and insurance have more women.

Sean Hemraj

directors said they were a member of a visible minority, 1.8 per cent identified as a person with disabilities, 0.6 identified as Indigenous, and 2.1 per cent

said they were a member of the LGBTQ community.

Sean Hemraj, vice-president of business development and marketing for the Women's Executive Network, said the numbers are an improvement but there is a lot of work to do.

He said diversity is not just about better representation, but about better business.

"It offers a different perspective that helps organizations recognize, adapt and innovate based on what is happening in the real world," he said.

Not all Canadian industries are created equally on this front. Retail companies had the most gender diversity on the board, with 29.4 per cent, but mining and oil and gas firms were much lower, at 13.1 per cent.

Hemraj said some businesses have done a better job attracting women to their industry.

"We are seeing some sectors (like) finance and insurance have more women, essentially in the talent pipeline, than others like mining, oil and gas," he said.

He said those companies

are concerned about the issue and they believe it's just a matter of when.

"We have spoken with representatives from those industries and it is definitely a high priority

on their list, it is something they're looking to improve on," he said.

Despite those numbers, 76 per cent of directors believe their board is diverse.

2016 REPRESENTATION ON CANADIAN BOARDS BY MARKET

The percentage of women on Canadian boards has risen considerably over the last decade, but the mining, oil and gas sector still lags behind.

FINANCE AND INSURANCE

27.4%

RETAIL / TRADE

29.4%

UTILITIES

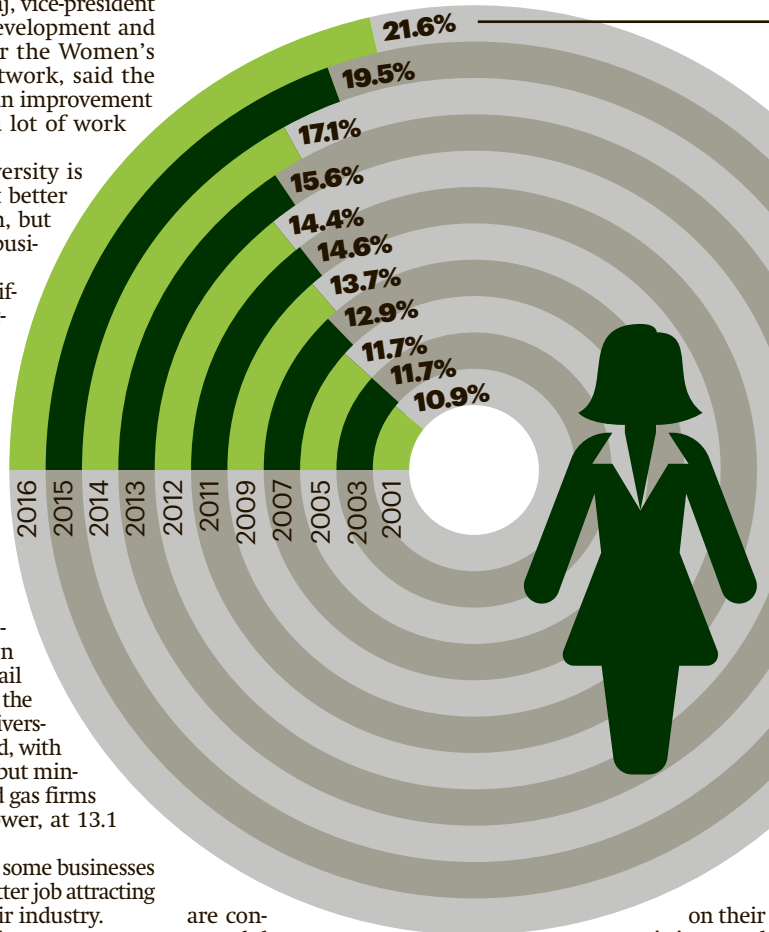
29%

MANUFACTURING

23%

MINING, OIL AND GAS

13.1%

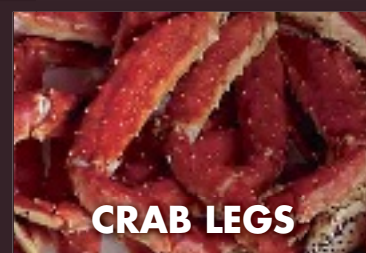


PANDA GARDEN
CHINESE | JAPANESE | CANADIAN CUISINE
ALL YOU CAN EAT - OVER 100 ITEMS!

LUNCH \$11.99 Mon to Fri	DINNER \$16.99 Mon to Thurs
\$12.99 Sat & Sun	\$18.99 Fri to Sun

65+ 10% OFF

420 Hazeldean Road, Kanata • 613-836-9977



CRAB LEGS



LOBSTER



SUSHI



DIM SUM

Brunch with hip-hop twist

BACKSTAGE PASS

Dishes inspired by some of rap's greatest lyricists



Trevor Greenway
Metro | Ottawa

There aren't many spots in Ottawa where you can eat a Notorious BLT, sip some gin and juice, listen to golden-era hip hop and cure a hangover all in one sitting.

Unless you drag your sorry ass into Kinki on the first Sunday of every month.

That's the whole idea behind Aunt Thelma's & Chico's Hip Hop Hangover Brunch — a late-morning recovery breakfast featuring dishes inspired by some of rap's greatest lyricists from the 1990s and early 2000s.

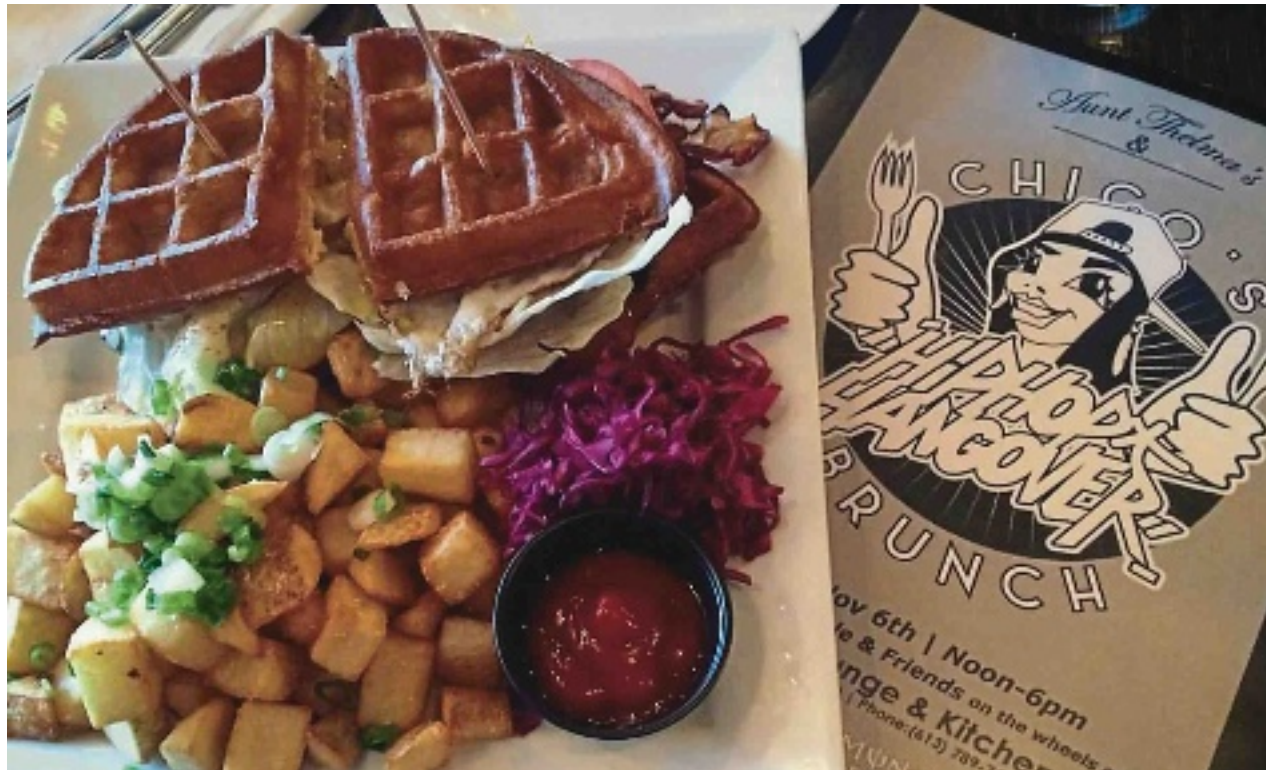
There's the Notorious BLT, Naan Phixion Pizza, Only Built for Cubano Linx, the Kool G Wrap and the Duck Down Poutine, which chef Caroline (Chico) Cichelly says will put you in an "instant food coma."

It's the exact thing you want for a hangover Sunday, where you can load up on grub and then head home and pass out on the couch while watching Die Hard for the 47th time.

"Oh, you will go home die hard," laughs Cichelly.

"It will knock you out."

Cichelly, a chef since she was about 17 years old, has always had hip hop blasting in the kitchen to help get her through those crazy 15-hour shifts when



The Notorious BLT is a BLT featuring waffles for bread and maple garlic mayo. TREVOR GREENWAY/FOR METRO

the orders keep piling up. The hangover brunch is her way of giving back and paying homage to those conscious hip-hop artists like Mobb Deep, Sean Price, Tribe, Wu Tang, Souls of Mischief and many other rhymer in the game.

"For me, hip hop has always been playing in the kitchen for me, so it's sort of a great

marriage of the two and they blend well together," she says, adding that she always grew up cooking with family. Her uncles were chefs or butchers and she could always be found cooking up a storm in the kitchen with her grandmother. She eventually made her way out west to the Pacific Institute of Culinary Arts in Vancouver, where

she polished her cooking craft.

She's also teamed up with Sean Daigle of Aunt Thelma's and incorporates their jerk rub and their delicious homemade pineapple preserve into her dishes. Daigle is also one of the DJs dropping that ol' boom bap while you get your fill.

"For hip hop, I just wanted to give back, pay homage to hip hop, because I am just a super big fan. I am not a rapper or a DJ or anything, so this is just my way of giving back and bringing the community together," she adds.

"If you are a hip-hop fan, this is something really different. There isn't anywhere in Ottawa that is serving food with a DJ playing good tunes."

Good tunes is right. DJ Professor Melé and DJ EZ & friends

bring that old-school flair to the decks, playing everything from The Roots and Jurassic 5 to Snoop, Dream Warriors and all the golden-era favourites whose soulful legacies will certainly live on forever.

And where else can you get hip hop-inspired dishes, while listening to hip hop, and not being judged for how drunk you still may or may not be.

Hip Hop Hangover Brunch happens the first Sunday of every month from 12-6 p.m., so even those afternoon, or early evening risers can still get their grease on.

Pair your meal with some gin and juice, a brass monkey, a quiet storm or Aunt Thelma's Ginger Beer and Sorrel Drink.

Just show up and Kinki will pass the funk.

CYBER ATTACK

Ransom not paid: Carleton



Haley Ritchie
Metro | Ottawa

Carleton University continued to struggle Wednesday with the fallout of a cyber attack that locked up the university's computer network.

While the school said people could use the network again by Tuesday night, information technology staff spent Wednesday repairing the network and trying to restore the Carleton email network.

Around 4 p.m., the university confirmed that no personal information had been accessed and email was functioning normally. Students and staff who still couldn't use their computers were instructed to contact the service desk for help.

On Tuesday, staff and students were warned not to use the Windows-based computers on the network.

Some university computers were seeing ransomware messages demanding payment in bitcoin.

Ransomware is a malicious software that can hold access to the system — including personal files — "ransom" until a sum of money is paid. The demand is usually for thousands of dollars.

Carleton spokesperson Chris Cline confirmed Wednesday that Carleton did not pay any ransom money to restore the network.

Steven Reid, another spokesperson for the university, said the network has faced issues before, but nothing of this scale.

Carleton isn't the only victim of ransomware attacks. In June the University of Calgary was targeted and paid \$20,000 to access its files.



Embassy of
The Hashemite Kingdom
of Jordan

NOW HIRING – Economist Staff

Qualifications and Requirements:

- Education: University degree in Economic, International Trade, Business Management or in any related field (Degree should be officially accredited by Jordan).
- Language: Excellent Arabic/English language proficiency. French is an asset.
- Nationality: Canadian/Jordanian.
- Work Experience & Knowledge: : Minimum 3 years experience in Economic and Trading field with various specialities; excellent knowledge and expertise of the Canadian and Jordanian market; excellent knowledge of the Canadian Jordanian Free Trade Agreement.
- Abilities and Skills : Dynamic, excellent communication skills and able to establish business relations with both countries.
- Contract is for two years and can be extended to maximum one year

To Apply: send resume and cover letter to: ottawa@fm.gov.jo no later than Dec 16, 2016

DO YOU SUFFER FROM DUST ALLERGIES?

If so, you may be eligible to participate in a 14 month-long clinical research study that is testing an investigational tablet to treat dust allergies.

You may be eligible to participate if:

- you suffer from nasal symptoms (sneezing, itchy nose, runny or blocked nose) due to your dust allergy
- you are in good health
- you are between 12 to 65 years of age

Participants can be compensated for study-related time and travel expenses

Call us now for details! 613-599-5700 ext. 23
Or email us at: kanataallergy@gmail.com



TODAY ONLY!

Thursday,
December

1

IN STORE AND AT THEBAY.COM
FREE ONLINE SHIPPING ON ORDERS OF \$99 OR MORE.*

50% off

Women's boots by
SAM EDELMAN
VINCE CAMUTO
FRANCO SARTO
NINE WEST
NATURALIZER
CALVIN KLEIN
DESIGN LAB
and many
more brands**

*Canada's #1 Seller
of Women's Boots*

Plus, 40% off

women's winter
and rain boots by
COUGAR, LONDON FOG
and **AQUATHERM BY**
SANTANA



CALVIN KLEIN
Cynthia
Reg. \$299
Sale \$149.50
Exclusively ours

NINE WEST
Anna
Reg. \$195
Sale \$97.50

424 FIFTH
LR-Layna
Reg. \$199
Sale \$99.50
Exclusively ours

NATURALIZER
Wynnie
Available in wide-calf.
Reg. \$295 Sale \$147.50

SAM EDELMAN
Lance
Reg. \$200
Sale \$100
Exclusively ours

FRANCO SARTO
Sondra
Reg. \$199
Sale \$99.50
Exclusively ours

HUDSON'S BAY

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. ****Women's boots:** Off our original prices; Exclude New Spring Arrivals, Cole Haan, COACH, Frye, Nike, The Room, UGG Australia, Dept 146 Designer Collections, Dept 875 White Space; Other exclusions apply, see store for details.

Innovation goes mobile

MAKER MOBILE

Science and tech hub hitting road across Canada



Haley Ritchie
Metro | Ottawa

Science is about to hit the road as learning non-profit Actua begins a cross-Canada road trip

to share technology with students from the back of a van.

"We wanted to do something really special for Canada's 150," said Jennifer Flanagan, president of the organization, which aims to get youth excited about science and technology. "We also wanted to get kids across the country really, really excited about innovation and understanding what it is and making that accessible. We landed on the idea of a

cross-country tour."

Flanagan defines innovation not as a buzzword, but as "doing the right things better." The van will be spreading that message as it visits 80 cities and towns across the country, including the far north.

Flanagan added that the future is in good hands — in her experience, kids are natural creatives, coders and innovators.

The cube van is mobile and

packed with tech goodies like 3D printers, laser cutters and programmable circuit boards. Earlier this year the University of Ottawa launched its own Maker Mobile that travels across Ottawa.

Flanagan said the programming is meant to complement classroom learning but will give students across the country access to new tools and technology to apply their learning.



The Scratch MaKey MaKey is one of the experiments students will have a chance to try inside the Maker Mobile.

HALEY RITCHIE/METRO

Zellers

NEPEAN

2065 ROBERTSON RD., NEPEAN
613-726-1379

PRE-CHRISTMAS EVENT!

HURRY IN FOR BEST SELECTION, WHILE QUANTITIES LAST.
ON NOW THRU WEDNESDAY, DECEMBER 7

DECEMBER 2 - 4
FRIENDS & FAMILY
SAVE AN EXTRA

20%

on your purchase

when you use a Hudson's Bay MasterCard®
or Hudson's Bay Credit Card.
Receive 15% off with any other tender. **

AMAZING DEALS ON GREAT FALL & WINTER BRANDS

SAVE AN EXTRA
40%*

on women's
fall and winter sportswear,
dresses, sleepwear,
outerwear, footwear,
handbags and accessories

SAVE AN EXTRA
30%*

on men's and kids'
fall and winter apparel

GREAT PRICING ON MAJOR HOME FASHIONS

SAVE
UP TO **85%**
on mattresses

SAVE
UP TO **70%**
on furniture

SAVE
UP TO **40%**
on appliances

TUESDAY, DECEMBER 6 IS **SENIORS DAY**
SAVE AN EXTRA 15%**

when you use your Hudson's Bay MasterCard® or Hudson's Bay Credit Card.
Save 10%** when you use cash, debit or other credit cards.

Hours of operation: Mon. - Fri. 9:30 am - 9 pm | Sat. 9:30 am - 6 pm | Sun. 10 am - 6 pm

Store discounts are off the lowest ticketed price. We accept Hudson's Bay MasterCard, Hudson's Bay Credit Card, major credit cards, debit cards, cash. No cheques. No price adjustments on prior purchases. No returns, exchanges or price adjustments on Major Home items. Selection may vary. While quantities last. Some exclusions will apply. No Rain Checks. See store for details. No other discounts apply. *Extra 40% off women's fall and winter sportswear, dresses, sleepwear and outerwear, footwear, handbags, accessories and extra 30% off men's and kids' fall and winter apparel off the last ticketed price. This promotion does not apply to items that are price pointed. Additional Dot Discounts are not applicable.

**Friends and Family and Seniors Day discounts exclude furniture, appliances and mattresses. Other exclusions apply.

HUNT CLUB

Residents roped in for park revamp

Though playtime at Paul Landry Park in the Hunt Club community is winding down with the arrival of winter temperatures, things are heating up behind the scenes.

Area residents are invited to drop in to shop for features they'd like to see added to the green space to reinvigorate it as a children's play area.

River Coun. Riley Brockington is hosting an open house on Dec. 14 that is designed to garner a community vision for a future play structure at the park, located along Uplands Drive south of Paul Anka Drive.

A similar consultation process was held last year to improve Owl Park, also in Hunt Club. Different options were presented on placards around the room and residents were able to browse for their favourite designs, leading to the revamped park that is now in place, the councillor said.

Local residents and the Hunt Club Community Organization have been advocating for change at Paul Landry Park, which they say is aging and requires a complete overhaul. Brockington agrees it is past its prime.

He secured \$300,000, half of which is earmarked for Paul Landry Park, and the rest for a Carlington park in the west end

of the ward.

But the funds weren't expected to be available until 2018, so Brockington secured an advance from another councillor's cash-in-lieu-of-parkland fund, which will be paid back in 2018.

Feedback from the upcoming consultation meeting will be reviewed and shared with residents and the association. Next steps would be a second round of consultation "so that we get the community buy-in and then give the green light to the planner to go ahead and procure and proceed," Brockington said.

The park revamp will be a 2017 project and the goal is to see it finished next year. Brockington said he doesn't know when construction will begin.

ERIN MCCracken/METROLAND MEDIA



Paul Landry Park is in line for significant upgrades.

METROLAND FILE

DRUGS

Fentanyl deaths rise across the province

Fentanyl deaths are on the rise in Ontario, though the province's chief coroner says numbers there aren't as bleak as elsewhere in the country.

Fentanyl overdoses have made headlines in the past year as the deadly opioid has become more widely available.

Chief Coroner Dirk Huyer spoke from a training symposium held by the Ontario Association of Chiefs of Police, where 450 front-line officers and border patrol agents will

be trained in the health and public safety challenges posed by fentanyl.

Huyer says fentanyl deaths accounted for nearly 30 per cent of Ontario's fatal opioid overdoses in 2015.

But he says the drug isn't as pervasive in Ontario as it is in other provinces, like British Columbia.

In August, Vancouver police said they dealt with 16 fentanyl overdoses in one night.

THE CANADIAN PRESS

SATURDAY, DECEMBER 3 ONLY!

20x

THE SHOPPERS
OPTIMUM POINTS®

WHEN YOU
SPEND \$75 OR
MORE† ON ALMOST
ANYTHING IN
THE STORE.

FREE
feels good™

**PLUS GET MORE POINTS
& MORE SAVINGS
ON THE STUFF YOU WANT**



THREE EASY STEPS...

1 GET OUR APP
or visit
myoptimum.ca

**2 LOAD YOUR
DIGITAL
COUPONS**

**3 USE YOUR
OPTIMUM
CARD**

Download on the
App Store

ANDROID APP ON
Google play

**PLUS RED HOT
SAVINGS**

Saturday, December 3 to Friday, December 9

\$80
each

FRAGRANCE SAMPLER &
CERTIFICATE FOR HER or HIM



19.99
each

ALFRED SUNG JEWEL (100mL)
or PINK SUGAR (50mL)
FRAGRANCES
Selected Types
While quantities last. No rainchecks



20% off*

THE COLOR INSTITUTE
STUDIO SECRETS
PROFESSIONAL RUNWAY
PALETTE or THE ULTIMATE NAIL
23 PIECE NAIL ART COLLECTION



11.99
each

AXE 3 PIECE GIFT SET
Selected Types
While quantities last
No rainchecks



29.99
each

GILLETTE PROSHIELD or
VENUS SWIRL GIFT SET



24.99
each

NYX LIQUID SUEDE or
WANDERLUST
LIP & EYE COLLECTIONS
Selected Types



13.99
each

QUALITY STREET
IMPORTED CHOCOLATES and
CARAMELS 725g



8.99
each

TURTLES (317g - 350g) or
TOBLERONE (360g)
CHOCOLATES
Selected Types



29.99
each

VTECH GO! GO!
SMART WHEELS PLAYSET



36.99
each

2016 HOLIDAY BARBIE



379.99
each

PS4
500GB CONSOLE with
UNCHARTED 4



449.99
each

ACER 15.6" 6GB/1TB
QUAD CORE WINDOWS 10
NOTEBOOK BUNDLE
Includes: Mouse,
Sleeve and USB



**SHOPPERS
DRUG MART**



Prices and Shoppers Optimum Bonus Points® in effect from Saturday, December 3 to Friday, December 9, 2016 while quantities last. We reserve the right to limit quantities. *Our Regular Price. †Plus Environmental Handling or Disposal Fees where applicable. ‡Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

ENVIRONMENT

Cap and trade to cost \$8B in first years: Auditor

Ontario's cap-and-trade program will cost the province's consumers and businesses \$8 billion dollars in its first years of operation to get minimal greenhouse gas reductions, the auditor general said Wednesday.

In her annual report, Bonnie Lysyk said households will pay an average of \$156 next year in added costs on gasoline and natural gas, rising to \$210 in 2019 plus another \$75 that year in indirect costs on goods and services.

The government has also ear-

marked \$1.32 billion out of the expected \$8 billion in projected cap-and-trade revenue to help offset the cost of residential and business electricity bills, but it doesn't say how, Lysyk's report said. And the impact will likely be marginal, she said. Even with a subsidy, the average household electricity bill is projected to increase 23 per cent from 2015 to 2020, Lysyk found.

The carbon pricing scheme, set to come into effect Jan. 1, will likely achieve fewer than 20 per

cent of the emission reductions the government wants to see by 2020, Lysyk said.

The Liberal government has set an emissions reduction target for that year of 15 per cent below 1990 levels, which would require an estimated 18.7 megatonnes of reductions.

But because the system, which requires polluters to buy emissions allowances, will link with Quebec and California in 2018 the government plans to count emission reductions achieved in

those jurisdictions, Lysyk said.

Environment Minister Glen Murray defended the cap-and-trade plan, saying it is the best tool to both reduce greenhouse gas pollution and minimize the financial impact on families and businesses. The government currently regulates polluters through an Environmental Approvals program, but Lysyk found that about 80 per cent of emitters granted approvals in the last 15 years have never been inspected.

THE CANADIAN PRESS



Ontario Auditor General Bonnie Lysyk. THE CANADIAN PRESS

Investigation highlights

AUDITOR GENERAL'S \$ REPORT

Bonnie Lysyk releases government spending, stats

Highlights from Ontario's annual auditor general report:

- The government pays highway contractors about \$8 million per year in bonuses for meeting a quality standard for asphalt, even in cases when it knows contractors tampered with asphalt samples just to get the bonuses.

- Road contractors continue to get work from the government even when they have performed unsatisfactory work or breached safety regulations.

- The government paid \$23 million for repairs on five highway projects — in addition to an initial \$143 million to pave them — after only one to three years, when the highways should have lasted 15 years.

- Ontario's cap-and-trade program will cost Ontario businesses and households about \$8 billion between 2017 and 2020 and will likely generate less than 20 per cent of the government's target of emissions reductions.

- About 80 per cent of companies that have received emissions approvals in the last 15 years have never been inspected, and the government doesn't know how many emitters given

approvals more than 15 years ago are still operating.

- Ontario is the only province that doesn't require environmental assessments for private-sector mining and chemical manufacturing projects. It will cost \$1 billion to clean up just four such sites, the auditor found.

- Ontario's health-care sector spent \$8 billion over the last 14 years to implement electronic health records, but the initiative still isn't complete, and it's impossible to say if the project is on budget because there wasn't an overall one.

- The number of children and youth hospitalized with mental-health problems has risen 50 per cent in the last seven years, but the government hasn't analyzed why or how to address it.

- The Ministry of Health didn't investigate billings for nine specialists who claimed to work more than 360 days in 2015-16, including six who billed for the full 366 days.

- A shortage in psychiatric care in Ontario led to the government spending nearly \$10 million to send 127 youth to the United States for treatment.

- Many hospitals close operating rooms to all procedures except for emergency surgeries on evenings, weekends, statutory holidays, March break and for between two and 10 weeks during the summer.

THE CANADIAN PRESS

PANDORA®



THE JOY OF GIVING

THE PANDORA STORE AT
RIDEAU CENTRE

50 Rideau Street
Ottawa, ON
613.695.6997



Ontario Infrastructure Minister Bob Chiarelli looks on as Premier Kathleen Wynne speaks following a tour of Hydro Ottawa's control room on Sept. 16. ADRIAN WYLD/THE CANADIAN PRESS

Report blasts poor spending controls

AUDITOR GENERAL'S \$ REPORT

Shoddy road work, hospital wait times cited as issues

Ontario's government watchdog says taxpayers spend millions of dollars paying repair bills for shoddy work by contractors hired for road maintenance and public transit projects, including part of one bridge that was installed upside down.

Auditor General Bonnie Lysyk also warns of serious shortcomings in the health-care system, and predicts cap-and-trade will cost businesses and individuals \$8 billion between 2017 and 2020 but won't meet the emissions reduction target.

In her annual report, Lysyk said pavement on some Ontario roads and highways that is

supposed to last 10 to 15 years starts to crack after just two or three.

Contractors were "tampering with asphalt samples" so they could obtain part of the \$8.8 million the ministry paid in bonuses to include the quality of asphalt they "are always expected to do anyway," added Lysyk.

The ministry agreed to a request from asphalt producers and cement suppliers to delay plans to implement a second aging test to identify asphalt that is likely to start breaking up before it should.

Transportation Minister Steven Del Duca said he was "not happy" to see the report, and promised an "extended aging" test for asphalt would be included in all road maintenance contracts by next year. But Del Duca wasn't pinning as much of the blame on shoddy work as the auditor general did.

Lysyk's report also takes the

Liberals to task for growing wait times in emergency rooms, and said waits for elective surgeries at Ontario's largest hospitals have not improved in five years, but surgical suites are sitting empty a lot of the time.

The auditor also found the Ministry of Health does not investigate inappropriate or anomalous billings by doctors even though it spends \$11.6 billion a year for physician compensation. Nine specialists claimed to work over 360 days in fiscal 2015/16, with six of them billing for the full 366 days.

Health Minister Eric Hoskins said the government was trying to get back the money over billed by some doctors.

The report also notes that Ontario's health-care sector spent \$8 billion over the last 14 years to implement electronic health records but still hasn't created them for everyone.

THE CANADIAN PRESS

Ads would be too partisan to run under previous rules

Ontario's auditor general says taxpayers have footed the bill for millions of dollars in government advertising that is actually partisan.

Bonnie Lysyk warned last year that changes the government made to advertising rules could see her office reduced to a rubber stamp for ads even if she feels they're partisan.

The old rules banned ads as partisan if the intent was to foster a positive impression of govern-

ment or a negative impression of its critics, but the new rules say an ad is partisan only if it uses an elected member's picture, name or voice, the colour or logo associated with the political party or direct criticism of a party or member of the legislature.

Lysyk lists in her annual report several government ads that she would have flagged under the old rules as misleading or self-congratulatory, as opposed to giving the public information.

The government spent \$8.1 million advertising the Ontario Retirement Pension Plan, which was scrapped after an agreement to enhance the Canada Pension Plan, and Lysyk says she would have rejected some of those ads under the old rules.

Nearly \$3 million was spent on a series of ad campaigns about the environment that Lysyk says could be seen as self-congratulatory or misleading.

THE CANADIAN PRESS

Dress \$19.99

SHOP ONLINE HM.COM

H&M

Canada's mortgage rules have changed.

Find out how much you can afford.

Speak to an RBC® mortgage
specialist today.



Our mobile mortgage specialists help make home buying easier.

- **Expert Advice** – to help you understand the new rules and how they impact you.
- **Firm, Fast Approval** – get a competitive rate and know exactly how much you can afford so you can shop with confidence.
- **Flexibility and Convenience** – meet you anytime, anywhere including evenings and weekends.

Find an RBC® mortgage specialist at rbc.com/mortgages





Tunney's Pasture was rejected as a campus site by the Ottawa Hospital Board. CITY OF OTTAWA

Feds told to weigh in on Civic campus

DEVELOPMENT

Ottawa Hospital board rejects chosen site



Ryan Tumilty
Metro | Ottawa

Ottawa South MPP John Fraser said the federal government needs to sit down directly with the Ottawa Hospital board to settle where the new Civic campus will be built.

Fraser, along with five other Ottawa MPPs, signed a statement Tuesday backing the hospital board's decision to reject the Tunney's Pasture site, which has been offered by the National Capital Commission.

The Tunney's Pasture site came as a surprise recommendation from the NCC, which was asked to review 12 potential sites for the new Civic site

from available federal land.

Fraser said there are serious issues with access and increased costs at Tunney's, and he doesn't believe the NCC fully considered the city's needs.

"I was disappointed at how tone deaf the NCC was to the needs of the community."

The Tunney's Pasture site is now home to many surface parking lots and a number of office buildings that would need to be demolished. Fraser said that would add costs, but could also slow things down. "There is a real risk of delay and that is a real challenge for the health-care needs in the city," he said.

Fraser said he believes there is space on the Central Experimental Farm that would allow a hospital to be built with minimal impact.

"There is a way to ... protect sensitive agricultural land on the farm, but utilize some land on the farm to build a new hospital."

He said he is indifferent to whether the NCC stays involved in the decision, but he believes the federal government has to take a direct role. "The federal government can decide who they want at the table, but they need to be at the table."

Heritage Minister Mélanie Joly, who oversees the NCC, told reporters she had to review the commission's recommendations before making any decisions.

"I'll be receiving shortly the report from the NCC. I need to take a good look at it, understand the criterias," she said. "And ultimately, I will also look at the reaction of the population towards the site and take a sound decision based on all this important analysis."

Environment Minister Catherine McKenna, the local MP, was in Washington on Wednesday and unavailable for interviews, but said she was ready to work on the issue.

PHILANTHROPY

Private donation of \$1.5M to fund expansion of art gallery

The Ottawa Art Gallery says it received its largest private donation to date for its expansion project Tuesday evening after John and Jennifer Ruddy contributed \$1.5 million from their Trinity Development Foundation.

John Ruddy is the founder and executive chairperson of Trinity Development Group, which has developed more than 20 million square feet of retail space across Canada. He's also a noted philanthropist and partner in the Ottawa Sports and Entertainment

Group, which led the redevelopment of Lansdowne Park and owns the Ottawa RedBlacks, Ottawa 67's and Ottawa Fury.

"We believe that the arts are an important aspect of any thriving community and we are proud to have a hand in helping to keep the Ottawa Art Gallery active and vibrant for years to come," Ruddy said in a statement.

Some \$5.1 million has been raised for the new Ottawa Art Gallery, which is under construction at 50 Mackenzie King

Bridge, next to its current location within Arts Court.

The new 80,000-square-foot facility will include galleries for permanent and changing exhibitions, a workshop studio and a cafe, among other features.

It's scheduled to open next fall. The \$100-million redevelopment of Arts Court also includes a mixed-use residential complex and a boutique hotel by Group Germain Hotels.

OTTAWA BUSINESS JOURNAL

Sweater
\$29.99

SHOP
ONLINE
HM.COM

H&M

Pipeline voices

A day after Prime Minister Justin Trudeau announced cabinet approval of the Trans Mountain pipeline, we talk to Albertans on the ground about the decision. **METRO**

Prime Minister Justin Trudeau announced the approval this week of two major oil pipeline expansions, insisting all the while that the new fossil fuel infrastructure fits within his Liberal government's plan to reduce greenhouse gas emissions.

Environmental advocates immediately called the approvals a betrayal, but a series of government climate policy moves this year suggest Canada's emissions should come down - although whether it will be enough to meet the country's 2030 climate commitment is another matter.

Trudeau sits down next week with provincial and territorial premiers to complete a pan-Canadian climate strategy that's supposed to put the country on a downward emissions trajectory to its 2030 Paris emissions target. The government has promised the United Nations that Canada will cut emissions 30 per cent below 2005 levels by 2030.

THE CANADIAN PRESS

I feel like Alberta made a huge strategic error in wasting so much time talking and pushing for pipelines, a resource that the world needs to move away from and the world committed to moving away from.



Mike Hudema, Greenpeace Canada spokesperson

It is noteworthy that Premier Notley had nothing to say about First Nations approval or inclusion in the process ... We're willing to work to ensure success for Alberta, but there's still lots of hard work and consultation needed.



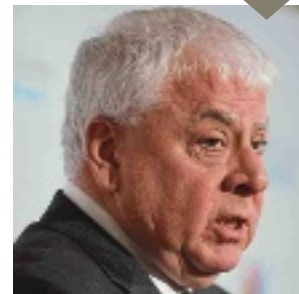
Joseph Jobin, Chief Operating Officer, Treaty 8 First Nations of Alberta

I think what happened is good. It would've been nice to get all three (pipelines), but I think the government has to make everybody happy, so he made the oilpatch happy by approving the two and made the other people happy by not approving one.



Stan Gervais, oilpatch worker

This is a defining moment for our project and Canada's energy industry.



Ian Anderson, president, Kinder Morgan, Calgary

COURTS

Judge Camp should go: Committee

A Canadian Judicial Council committee says a judge's apology for asking a sexual assault complainant why she couldn't keep her knees together doesn't offset the damage done and Robin Camp should lose his job.

"We conclude that Justice Camp's conduct is so manifestly and profoundly destructive of the concept of the impartiality, integrity and independence of the judicial role that public confidence is sufficiently undermined to render the judge incapable of executing the judicial office," the five-member panel wrote in a unanimous decision released Wednesday.

Court transcripts show Camp called the complainant, an indigenous woman who was 19 years old and homeless at the time of the alleged assault, "the accused" throughout the trial - a phrase he repeated during a September judicial council disciplinary hearing before quickly correcting himself.

He also told the young woman "pain and sex sometimes go together."

THE CANADIAN PRESS

AMNESTY INTERNATIONAL

Write a Letter. Change a Life.

Join us for Write for Rights to Celebrate International Human Rights Day!

Saturday December 10 2:00pm - 6:00pm

Amnesty International
312 Laurier Ave. E
Ottawa, ON K1M 1H9
mannybanany@rogers.com

Edward Snowden

Saturday December 10th, 2pm-6pm
312 Laurier Ave. E

ONE SMALL CHANGE CAN HELP SAVE LIVES

Lily, age 4

Switch to E-Billing by December 31st and we'll donate \$5 to help CHEO upgrade its critical (and paperless!) patient monitors.

#GOPAPERLESS SO CHEO CAN TOO!
HYDROOTTAWA.COM/GOPAPERLESS

Jacob, age 13

CHEO FOUNDATION

HydroOttawa



Children hold a photograph of former Cuban President Fidel Castro as they wait for the caravan transporting his remains to pass on its journey to Santiago de Cuba. GETTY IMAGES

Cubans line up to bid leader farewell

MOURNING

Fidel Castro makes his final journey through nation

To waving flags and some shouts of "Long may he live!" Fidel Castro's ashes began a four-day journey across the island Wednesday, retracing the path of his triumphant march into Havana nearly six decades ago.

A small, Cuban-flag covered cedar coffin containing the remains of the 90-year-old leader was taken out of Cuba's Defence Ministry just after 7 a.m. and placed into a flower-bedecked trailer pulled by a green military jeep for the more than 500-mile (800-kilometre) procession to his final resting place in the eastern city of Santiago. The ashes will be interred Sunday, ending the nine-day mourning period for the man who ruled the country for nearly 50 years.

The route traces in reverse

the victory tour Castro and his bearded rebels took after overthrowing the forces of strongman Fulgencio Batista in 1959.

Outside Havana, the caravan will pass through rural communities significantly changed by social and economic reforms he adopted. Many residents now have access to health care and education. But many of those towns are also in a prolonged economic collapse, the country's once-dominant sugar industry decimated, the sugar mills and plantations gone.

Thousands of Cubans lined the streets of Havana, some sleeping on sidewalks overnight, to bid goodbye to Castro. Many had attended a massive rally Tuesday night at Havana's Revolution Plaza, where the presidents of Cuba, Mexico, Ecuador, Bolivia, Venezuela and South Africa, along with leaders of a host of smaller nations, offered speeches paying tribute to Castro, who died Friday night.

The crowds at the rally and along Wednesday's procession route were a mix of people at-

tending on their own and groups of Cubans organized by government workplaces, where attendance was not strictly obligatory but with strong pressure to attend. Some groups of government workers slept on the streets because all public transport had been commandeered to move people to Castro-related activities.

Along the city's historic Malecon, the funeral procession passed to near-total silence among the crowd. Peering from the sidewalk, rooftops and balconies overlooking the sea, people took cellphone video and photos as keepsakes.

Tuesday's rally began with black-and-white revolution-era footage of Castro and other guerrillas on a big screen and the playing of the Cuban national anthem. Castro's younger brother and successor, Raul, closed the rally with a speech thanking world leaders for their words of praise for his brother, whom he called the leader of a revolution "for the humble, and by the humble." THE ASSOCIATED PRESS

Thief snags gold in broad daylight



Rebecca Chiu
Metro | Toronto

He walks pretty quickly for someone carrying 86 pounds — perhaps because the content of the bucket is worth \$1.6 million.

New York police released surveillance video from Sept. 29, showing a man milling about an armoured truck in Midtown Manhattan before grabbing a bucket off the back of

the vehicle and scurrying away.

All the while, two men are sitting in the truck's cab, unaware they just got robbed. Police say they don't believe the man knew the contents of the bucket, but that he probably knew there was a chance it had value.

"I think he just saw an opportunity, took the pail and walked off," NYPD Det. Martin Pastor told WNBC-TV. Police are searching for the suspect, who they believe is now in Florida.

VIDEO ON THE METRO APP



NYPD are searching for a man who stole a bucket full of \$1.6 million in gold. NYPD

Tump leaves businesses

POLITICS

President-elect walks away from empire to focus on presidency

President-elect Donald Trump declared Wednesday he will leave his business empire behind to focus on his presidency. But the prospect that he could simply shift more control to three of his adult children looked too cozy to some business-ethics specialists who suggest the arrangement could bring unprecedented conflicts of interest into the Oval Office.

Trump announced in a series of early morning tweets that he would leave his "great business," adding: "While I am not mandated to do this under the law, I feel it is visually important, as president, to in no way have a conflict of interest with my various businesses."

Trump provided no details, though he said legal documents were being prepared. He pre-

viously had said he'd leave his business operations to his three eldest children - Donald Jr., Eric and Ivanka.

Asked if the tweets indicated plans to move the businesses to the children, Trump senior adviser Kellyanne Conway said Wednesday, "it appears that way."

"The three adult children who do already work in the corporation are expected to continue in those roles and in fact increase their responsibilities in those roles," Conway said.

Ethics experts have pushed for Trump to fully exit the ownership of his businesses using a blind trust or equivalent arrangement. The laws are generally loose for presidents regarding their businesses except when it comes to ties to or gifts from foreign governments.

Trump spent much of Wednesday conducting meetings in his Manhattan high-rise. His pick for secretary of state remains up in the air, though aides say he has narrowed his choices to four.

One contender, former Massachusetts Gov. Mitt Romney dined with him. THE ASSOCIATED PRESS



MORE PHOTOS ON THE METRO APP

CELEBRATING THE OBAMAS' LAST CHRISTMAS This year's White House Gingerbread House in the State Dining Room of the White House during a preview of the holiday decor at the White House. The gingerbread house features 150 pounds of gingerbread on the inside, 100 pounds of bread dough on the outside, 20 pounds of gum paste, 20 pounds of icing, and 20 pounds of sculpted sugar pieces. THE ASSOCIATED PRESS



First Lady Michelle Obama speaks to military families in the East Room of the White House during a preview of the 2016 holiday decor. THE ASSOCIATED PRESS



Larger than life replicas of Bo and Sunny, made of more than 25,000 yarn pom-poms. THE ASSOCIATED PRESS

Cartel agrees to cut crude production

OIL

Decision is a departure from years of infighting

Breaking with years of inaction, OPEC agreed Wednesday to cut its oil output for the first time since 2008. The move effectively scraps its strategy of squeezing U.S. competition through high supply that had backfired by lowering prices and draining the cartel's own economies.

The reduction of 1.2 million barrels a day is significant, leaving OPEC's daily output at 32.5 million barrels. And OPEC President Mohammed Bin Saleh Al-Sada said non-OPEC nations are expected to pare an additional 600,000 barrels a day off their production.

The combined cut will result, at least in the short term, in somewhat more pricey oil —

and, by extension, car fuel, heating and electricity. The international benchmark for crude jumped 8.3 per cent, or \$3.86 US, to \$50.24 US on Wednesday.

In the longer term, however, analysts say it's highly unlikely that oil will return to the highs of around \$100 US a barrel last seen two years ago. That's partly due to the fact that President-elect Donald Trump has promised to free up more oil drilling in the U.S., which would increase global supply. Demand is also not recovering as the world economy sags.

Al-Sada said the OPEC cutback is to take effect Jan. 1, with consultations planned on the exact timing of the non-OPEC reductions. Russia alone is committed to taking 300,000 barrels a day off the market.

Wednesday's decision was a departure from years of infighting among members refusing to give up their market share. THE ASSOCIATED PRESS



Members of OPEC attend a meeting at OPEC headquarters in Vienna, Austria on Wednesday. AFP/Getty Images

HOUSING

Foreign ownership of condos drops

A report by CMHC says foreign ownership of condominiums in some of Canada's largest cities has moved lower compared with last year.

Foreign ownership was the highest in Vancouver and Toronto at 2.2 per cent and 2.3 per cent, respectively. However, that was down from 3.5 per cent in Vancouver and 3.3 per cent in Toronto in 2015.

CMHC said the relatively higher shares in Vancouver and Toronto in 2015 were due to an unusually high proportion of foreign ownership in newly constructed condominiums.

BY THE NUMBERS

2.2 per cent

Vancouver, down from 3.5%

2.3 per cent

Toronto, down from 3.3%

Foreign ownership of condos in Montreal slipped to 1.1 per cent from 1.3 per cent a year ago. THE CANADIAN PRESS

CANADIAN RAILWAYS

CP Rail, CN Rail positive about a Trump presidency

Canada's two largest railways told a transportation conference they're not worried about a Donald Trump presidency. CP Rail president Keith Creel said Trump's attention in threatening changes to the North American Free Trade Agreement is

targeted mainly at Mexico. And Trump's \$1-trillion US infrastructure program would increase demand for Canadian raw materials. Ghislain Houle, chief financial officer of CN Rail, was similarly positive but was concerned quotas on softwood lumber exports would hurt the railway. THE CANADIAN PRESS

OUR LOW PRICES ON SELECT OUTDOOR CHRISTMAS DÉCOR ARE NOW EVEN LOWER

NEW LOWER PRICE

NOW \$22⁴⁴ WAS \$44.88

3'6" Star Wars BB-8™ Droid Airblown® Inflatable (1001005859)

NEW LOWER PRICE

NOW \$89⁵⁰

8' Animated Projection Lighted Airblown® Disco Santa (1001006738) WAS \$179

NEW LOWER PRICE

NOW \$74⁵⁰ WAS \$149

Merry Christmas LED Sign (1001007453)

NEW LOWER PRICE

NOW \$59⁹¹ WAS \$79.88

2'9" Acrylic Doe • 120 LED lights (1001008844)

NEW LOWER PRICE

NOW \$94⁵⁰ WAS \$189

Santa Riding Elephant Inflatable (1001005857)

NEW LOWER PRICE

NOW \$59⁹³ WAS \$99.88

4' Tinsel Moose • 150 LED lights (1001008845)

NEW LOWER PRICE

NOW \$69⁵⁰ WAS \$139

6' Minions Decorating Tree Lighted Airblown® Inflatable (1001005854) WAS \$139

NEW LOWER PRICE

NOW \$119 WAS \$199

8' LED Bare Branch Tree Multi (1001007452)

For more Christmas products, visit homedepot.ca/Christmas

Prices valid until Wednesday, December 7, 2016, unless otherwise indicated. Offer valid at The Home Depot Canada. Not valid in combination with any other offer. Some exceptions may apply. Selection varies by store and quantities are limited. Offer valid to Canadian residents only. No substitutions or rain checks. See store associate or Special Services Desk for details or visit homedepot.ca. We reserve the right to limit quantities to the amount reasonable for homeowners and our regular contractor customers. ©2016, Home Depot International, Inc. All rights reserved. ®Registered trademark of Home Depot International, Inc. Used under license.



CHANTAL HÉBERT ON THE APPROVED PIPELINES



Trudeau's announcement is unlikely to win him supporters within the ranks of those who most support the pipeline agenda. They tend to be spoken for by the Conservative party.

It is a rare government decision that involves a lot of predictable political pain for little obvious electoral gain. For better or for worse, the approval by Prime Minister Justin Trudeau of the controversial Trans Mountain pipeline falls in that category.

It is unlikely to win him supporters within the ranks of those who most support the pipeline agenda. They tend to be spoken for by the Conservative party and, for the most part, have no appetite for Trudeau's proactive climate change agenda.

On the other hand, at least some of the seats of the 17 Liberal MPs elected in B.C. in the last election could be on the line. The approval of this pipeline plan will not sit well with many of the constituents. Even if he wanted to, Trudeau could not get all his caucus members to sing the same song on this issue. A handful of them have already broken ranks with his decision.

The Liberals are not the only ones potentially at risk on what is probably Canada's most contentious front these days.

Take British Columbia Premier Christy Clark. She will be campaigning for re-election in the spring. If she supports Trudeau's move, it will be her provincial Liberals who will first test the post-announcement waters.

There is no way Trudeau could have killed two pipelines to the Pacific coast and then backed the no less controversial Energy East project.

She could be in for a choppy crossing.

There is a widespread expectation on Parliament Hill that Clark will at some point publicly sign off on the Trans Mountain project.

wants to see how it all plays out before taking a definitive stance.

Then there is the NDP. While Alberta Premier Rachel Notley was celebrating a big win alongside Tru-

deau's climate change commitments.

But if she fails to win re-election the quid pro quo is unlikely to survive her NDP government, leaving Trudeau with little to show on climate change for having delivered a pipeline from tidewater to Alberta.

Had the prime minister vetoed the Kinder Morgan project, he might as well have declared a moratorium on any plan to bring more of Alberta's bitumen oil to the Canadian coasts.

There is no way Trudeau could have killed two pipelines to the Pacific coast (Northern Gateway and Trans Mountain) and then backed the no less controversial Energy East project. (Punting the decision on the Vancouver area pipeline would most likely only have hardened opposition to the plan.)

That being said, it might be prudent for TransCanada — the company behind the plan to link the oilfields to the Atlantic Coast through the Prairies and Central Canada — to not take this week's federal yes to Kinder Morgan as a sign that its pipeline will be good to go any time soon, if at all.

A betting person might reasonably wager that Trudeau will not want to open another front in the pipeline wars between now and the 2019 election. And that probably makes Quebec Premier Philippe Couillard, who could be facing an uphill re-election battle in less than two years, a collateral winner of this week's developments.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.



PIPELINE PALS Prime Minister Justin Trudeau and Alberta Premier Rachel Notley speak on Parliament Hill, Tuesday.

THE CANADIAN PRESS

The federal government has been playing nice with its B.C. counterpart, delivering a much wanted green light for a major liquefied gas development and promising billions of federal dollars to improve marine safety.

But Clark would not be the political survivor that she is if she did not have a well-honed instinct for self-preservation. B.C. elections are won or lost in the greater Vancouver area, the site of the pipeline whose capacity to carry bitumen oil to the coast Kinder Morgan plans to expand.

On Wednesday, she said Trudeau was close to meeting all of her conditions for supporting the pipeline. She invited the prime minister to come to B.C. to sell the decision. By all indications, she

deau on Tuesday, Thomas Mulcair was calling the federal decision a betrayal of the trust many B.C. voters placed in the prime minister. The provincial New Democrats are also critical of the federal decision.

The cracks between the ruling NDP in Edmonton and their opposition cousins in Parliament and in Victoria are becoming too wide to be papered over. Whoever succeeds Mulcair will be hard-pressed to square the pipeline circle.

In any event, as of now Trudeau and Notley are joined at the hip. On Tuesday, the prime minister argued it was the premier's determination to rein in Alberta's carbon emissions that made his approval of a pipeline consistent with Can-

VICKY MOCHAMA

Gilmores' girl-on-girl banter sounds suspiciously like life

When *Gilmore Girls* premiered 16 years ago, it was unique — a female-centric show that stayed focused on women — but the data shows that with its return to Netflix, it is still an anomaly.

Gilmore Girls can do no wrong. In my heart, it already has five stars (I rate on a four star system.) It would be like Netflix putting out a show called *Your Mom*, featuring only video clips of my mother. Even when she's not perfect, she's perfect to me.

So instead of quality or plot, I'm watching for validation.

This isn't to set the bar low for the revival. With a cast including Melissa McCarthy, Kelly Bishop, and Edward Herrmann there were many Emmy-worth episodes in the original run. Exhibit A: In a Season 1 episode, Rory (Alexis Bledel) returns home in the early morning after a date. On finding out, Lauren Graham's Lorelai veers from panicking to castigating her mother to fighting with her daughter. Within a five-minute span, she hits every single note perfectly.

Notably, that scene like countless others in the *Gilmore Girls*' canon, is focused on women's relationships with each other. This was a show entirely about women's lives apart from men. (Occasionally, the plot centres on a man but, despite our best efforts, that happens in women's lives too.)

In writing women's lives, film and television consistently fail. Take the Disney princess films. You'd think that women clearly dominate the dialogue in movies about

them. Turns out that even in fictional cartoon worlds, men routinely talk over women.

Researchers found that in the original three princess films — *Snow White*, *Sleeping Beauty* and *Cinderella* — female characters speak as much or more than male characters but that in the films of the 1990s, male voices dominate the dialogue: they speak 76 per cent of the time in *Pocahontas*, 68 per cent in *The Little Mermaid*, and 71 per cent in *Beauty and the Beast*. In the newer films like *Tangled*, *Brave* and *Frozen*, males still get the majority of talk time.

An exhaustive study from Polygraph confirmed the trend. Looking at screenplays for 2000 films, the team found that men over-indexed in speaking roles across every genre of film and age of actor. Even romantic comedy had men speaking 58 per cent of the lines. Polygraph also found that women actors over 42 experienced a sudden drop in assigned dialogue and that by age 65, they were virtually mute. Conversely, as men aged, they were given more speaking roles.

From a bird's-eye view, then, it's easy to see why the revival has caught the attention of so many women. We're starving to hear women's voices, even if they're the same ones we've heard before.

So not only is it great to hear the *Gilmore* women talk again but in the dim landscape of television and film, it's nice to hear any women talk at all.

metr
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT,
REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

EACH OF US
BEARS HIS OWN
HELL



Philosopher cat now at
www.mymetrostore.ca



A guide to spotting fake news

SOCIAL MEDIA

Librarians give tools to catch manipulative stories online



Prime Minister Justin Trudeau is Fidel Castro's long-lost illegitimate son.

It's the latest example of a totally made-up, 100 per cent false news story, one that was circulating on Facebook after the Cuban leader's recent death.

To help weed out such bogus news, which proliferated during the U.S. election and generated big ad dollars for creators, librarians at the University of Toronto have developed a handy cheat sheet.

Student engagement librarian Heather Buchansky said it's about giving readers the tools to spot fake stories and the guide is a "reminder to be more critical" as more and more people turn to sites like Facebook for information.

"It's quite easy to fall prey when you look at a website and you're thinking ok, well if it's

online it must be true," she said.

Gavin Adamson, a journalism professor at Ryerson University, urges people to click around a bit before sharing articles on social media. When news sources don't have a lot of other content it's a clue that stories may be fake.

"These websites don't stand up to a lot of due diligence. If you just take a moment after recognizing you're probably being manipulated it's very easy to tear these things down," he said.

For Jeffrey Dvorkin, lecturer and director of the journalism program at the University of Toronto Scarborough, fake news is not a new problem, but that doesn't mean it shouldn't be taken seriously.

"The problem with the digital culture is that it is really the Wild West of information," he said.

"We shouldn't freak out and figure the sky is falling, although the clouds are a bit lower than they use to be."

Given the "tsunami" of content available online, people are driven towards sources where they feel more comfortable that often just confirm their own biases, he said.

Both Google and Facebook have been under fire for allowing fake news, and recently announced they will take



A tweet by @TrumpaholicMAGA claimed "they sure look alike," and the user shared this image of Trudeau and Castro. Fake news stories easily gain momentum online. ILLUSTRATION BY METRO; PHOTO VIA @TRUMPAHOLICMAGA

measures to curb sham stories. Closer to home, Buchansky said they've had a good response

to the guide, posted Friday, and shared by librarians on social media.

"It hasn't spread as far as fake news itself," she said. "But it's been positive."

CHEAT SHEET

Top ways to spot lies on the internet

With so much content out there it can be easy to be duped. Here's how to avoid accidentally spamming your friends:

- 1 Look at the domain name. When sites end in unusual ways, such as ".com.co," it's a clue they may be fake.
- 2 Check out the source a little more carefully. If you've never heard of a website look at the "About Us" section for more info, or explore it more to see how much other content there is.
- 3 Google the headline to see how other news sources are reporting the story. Are there any other accounts? How have other outlets reported it?
- 4 The use of ALL CAPS, and very poor web design are clues you're not looking at a reliable source.
- 5 Does the article make you incredibly angry or outraged? Good journalism can also evoke emotion but if something is trying to make you mad on purpose to share the story and get ad revenue, it's a red flag.

Get in the holiday mood!

Get into the holiday spirit by visiting the market and choosing from our spectacular selection of fragrant Christmas trees. Pick up a real wreath and some gorgeous garlands too! Until December 24th

FREE SHORT TERM PARKING

Parkdale Avenue @ Armstrong St. • 613-244-4410 • parkdalemarket@ottawa.ca

Old soul with an eye on the future

MEMOIR

Rajiv Surendra on heartbreak, big dreams and trying to swim

Sue Carter
For Metro Canada



When Rajiv Surendra was only 12 years old — well before he was cast as the rapping math-

lete Kevin Gnapoor in Tina Fey's cult comedy *Mean Girls* starring Lindsay Lohan — he took up calligraphy while working as a costumed interpreter at Toronto's Black Creek Pioneer Village.

It's an unusual hobby for a young boy, but Surendra has always been something of an old soul. It took years to perfect the craft, which he has now turned into a career.

Surendra's obsessive nature and unwillingness to settle also led him on the biggest journey of his life, trying to snag the lead

role in the film adaptation of Yann Martel's novel *The Life of Pi*. His failed quest is at the heart of his memoir, *The Elephants in My Backyard*, which he refers to as "the Eat, Pray, Love for the millennial generation."

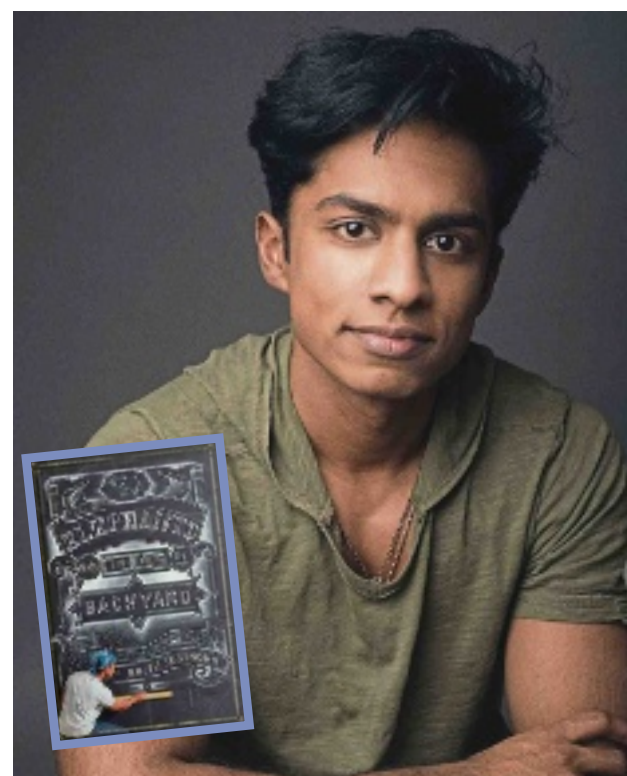
After Surendra discovered eerie similarities between him and Martel's protagonist, he travelled to India for several months to immerse in the culture. "On the horrible, horrible days when I was so scared in the water and I was hyperventilating and my muscles were seizing, I would tell

myself that even if you don't get this part, all the work and struggling will be worth it because you will know how to swim," he says.

When director Ang Lee eventually cast unknown Indian actor Suraj Sharma in the part, Surendra was devastated. Eventually Surendra came back to Toronto, and picked up his pen again.

"The reason why I was motivated to write this story down is because I learned so much,"

Sue Carter is the editor at Quill & Quire magazine.



Surendra describes his book, *The Elephants in My Backyard*, as "the Eat, Pray, Love for the millennial generation." CONTRIBUTED



JOHANNA SCHNELLER
WHAT I'M WATCHING

Witty, wry, even sad, *Fleabag* a sensation

THE SHOW: *Fleabag*, Season 1, Episode 1 (Amazon Prime)
THE MOMENT: Dissing the ex

Fleabag (Phoebe Waller-Bridge, who created and writes the show) has just met a buck-toothed man on a bus (Jamie Demetriou). He asks how her ex was fool enough to let her go.

"He was just really kind and supportive," she says. "He'd cook all the time, run baths. Laugh at my jokes. He was great with my family. Plus he was really f—ing affectionate."

She's serious, but Bus Rodent doesn't get it. "Yeah, he sounds like a dickhead," he says.

She gives him her number. "I'll be sure to treat you like a nasty little bitch," he says. She grins into the camera at us.

"Um, that was a joke," he says.

"Oh, I know," she trills. But to us, she frowns.

In this six-part series, Waller-Bridge's sharp-tongued, but secretly self-loathing, Londoner (we never learn her real name) frequently breaks the fourth wall, talking directly to the viewer in the middle of a scene. It's like watching your best friend's home movies while she whispers the real, raunchier story in your ear.

She obsesses about sex, "the performance of it. The awkwardness." She kills time in the failing café she opened with her best pal Boo (Jenny Rainsford). She laments to her uptight sister Claire (Sian Clifford) that her farts now sound like their mum's.

You can see why the show is a sensation. Waller-Bridge is witty and wry and then suddenly sad. Though by the end you may feel that a piece of her soul is still missing, you'd happily come back for more.



Phoebe Waller-Bridge frequently breaks the fourth wall and talks directly to the viewers in *Fleabag*. CONTRIBUTED

Deck the halls with double the data.

Shop early and double your data with Freedom Mobile.

~~\$40~~
\$35 PER MONTH
FOR 6 MONTHS.
OFFER ENDS SOON.

- 3GB of data + 3GB bonus*
- Unlimited Canada/U.S. talk
- Unlimited global text
- Low international calling starting at 1¢/minute



Double your data!

Freedom mobile

For details, visit
freedommobile.ca

LG V20

Learn more at freedommobile.ca. Promo 40 plan and \$30 service credit offer are available for a limited time and are subject to change or cancellation without notice. *Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. To be eligible for the \$30 service credit, you must activate a new Pay Before or Pay After line on a plan with a monthly charge of \$35 or \$40. A \$5 monthly credit will be applied to your account for up to 6 months to a maximum of \$30. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). May not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. LG V20 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

The chaotic history of The Stooges

BIOGRAPHY

Frontman Iggy Pop astounds writer with rich memory

Gilles LeBlanc
For Metro Canada

What began innocently as Iggy Pop reminiscing over items from his past with memorabilia collector Jeff Gold turned into the definitive oral history about one of the most influential rock bands ever.

Total Chaos: The Story of The Stooges/As Told by Iggy Pop, out this week via Third Man Books revisits in explicit, expletive detail how these Michigan misfits were unappreciated, commercial failures during their initial run from 1967-1974. Their legend as punk pioneers, however, grew exponentially in the three decades that followed.

The Stooges reunited in 2003 at the Coachella Music Festival, were inducted into the Rock and Roll Hall of Fame, and continued to experience an unexpected

renaissance that has dovetailed into Iggy Pop enjoying his most successful year to date.

"We were completely unprepared for how much (Iggy) remembered," Gold said prior to a book launch event with Pop in New York City. The habitually shirtless vocalist has had a long-standing reputation for drug use. "I was astounded at the breadth of his recall," which put the collector-turned-author at times in a "bizarre situation of having to cut him off periodically. You knew this wasn't a guy making it up, that he actually did remember all of this."

Gold modestly sees himself not so much as a writer, but more of a wrangler. "I had this incredible interview, I had these incredible pictures. (Total Chaos) went from being interesting to being important history. I felt like I had an obligation to history to get this right." Well yeehaw to that!

As for Third Man Books, the imprint offshoot of Motor City-raised rocker Jack White, Gold said he already had a publisher for what would eventually come to be Total Chaos, but "was just absolutely blown away at how (Third Man) have reinvented the record business" with everything

they've got going on in Nashville and now Detroit's Cass Corridor. "It was just so natural" for them to be home to his Stooges book. Limited Editions from Third Man will not only have Iggy's John Hancock, but also a 7" vinyl record of him singing over I'm a Man, a song by his first band The Prime Movers. Way, way cool.

"People who are interested in Iggy and the Stooges, I think it's a natural," says the biographer who's become a friend of the

frontman.

He solicited the opinions of several A-list rockstars about the effect this uncharacteristic band has had on them. A definite highlight of Total Chaos is the amazing story Dave Grohl relates about how his life was profoundly changed by Pop in 1990; the Iggyster plucked him from pre-Nirvana obscurity to perform before a room of record executives at Toronto's Bovine Sex Club of all places.



Total Chaos: The Story of The Stooges is available on Amazon or Thrdmanbooks.com. COURTESY THIRD MAN BOOKS



You were this wasn't a guy making it up, that he actually did remember all of this.

Jeff Gold

WESTBORO
**GIVE
& WIN**

wrap yourself in holiday spirit



ENTER TO WIN A GRAND PRIZE OF

OVER \$2,500

**IN GIFT CARDS AND MERCHANDISE
FROM PARTICIPATING MERCHANTS OF WESTBORO VILLAGE!**

NOVEMBER 25th - DECEMBER 23rd

When you purchase gifts from participating merchants in Westboro Village, ask for a ballot for your chance to win.

PARTICIPATING MERCHANTS

- Bailey Nelson • Barley Mow • Brio Bodywear • Bushtukah • The Cupcake Lounge • Dairy Queen • East Wind
- Essentia • Flowers Talk Tivoli • Great Escape Outfitters • Greco Fitness • Hardy Mattress and Feather
- Kiddie Kobbler • Kitchenalia • Masters n Dogs • Natural Food Pantry • Pierino Hair Salon • Polanco
- Simply Biscotti • Ten Thousand Villages • The Best You • The Savoy Brasserie • The Village Quire
- Vittoria in the Village • Westboro Closet Candy • West End Kids

For more holiday fun, visit us online at westborovillage.com/whats-on.

BOOK BRIEFS

**Suspense novel up next for Girl on the Train author**

The British author of *The Girl on the Train* will next tell a tale of murder in a riverside town.

Riverhead Books told The Associated Press on Tuesday that Paula Hawkins' *Into the Water* is a suspense novel about family secrets and "the slipperiness of truth" that will be published May 2. The plot centres on the discovery of the bodies of a mother and teenage girl at the bottom of a river and the investigation that follows. THE ASSOCIATED PRESS



It's about how your memories of childhood shape you and make you the person you are. Paula Hawkins

CALENDAR

A-Listers' natural beauty celebrated

Pirelli on Tuesday unveiled the 2017 edition of its famed calendar, which sees photographer Peter Lindbergh mature beyond snaps of seminude models and set his lens on Hollywood.

The calendar, entitled "Emotional" and launched in Paris, stars 14 Oscar-winning actresses featured in black-and-white close up, in clothed poses with invisible makeup.

It's a dramatic move away from decades of risqué shots that made the calendar, produced by the Italian tire manufacturer, one of the most recognizable in the world.

A-listers including Charlotte Rampling, Uma Thurman,

Helen Mirren, Nicole Kidman, Lea Seydoux, Alicia Vikander, Kate Winslet, Julianne Moore, Lupita Nyong'o, Rooney Mara, Zhang Ziyi and Jessica Chastain all agreed to go near-makeup-free for the grown-up shoots.

Speaking about his artistic choices, the German photographer said that he's "not so fond of high heels and bikinis" and wanted to capture the nakedness in the soul of the calendar's stars, not their bodies.

"In a time when women are represented in the media (as) perfection and truth, I thought it was important to remind people that there is a different beauty," Lindbergh said. THE ASSOCIATED PRESS



Nicole Kidman, left, and Uma Thurman. AP PHOTO/FRANCOIS MORI

I never let anything or anyone define me or my potential. I controlled my future.
Serena Williams



EQUITY WOMEN 'MUST CONTINUE TO DREAM BIG' Serena Williams has penned an open letter calling out what she sees as double standards faced by women in sports. The 22-time Grand Slam champion says people call her one of the "world's greatest female athletes," but notes that male athletes such as LeBron James and Tiger Woods aren't described by their gender. Williams says the equal pay issue frustrates her because women "have done the same work and made the same sacrifices as our male counterparts." She says women "must continue to dream big" to "empower the next generation of women to be just as bold in their pursuits." The letter was published in *Porter Magazine* and republished by British newspaper *The Guardian*. LUCA BRUNO/AP FILE

GRAPHIC NOVEL

Millennial Batgirl breaks traditions

Seth's Dominion

By: Luc Chamberland (director of documentary); Seth (creator of comics)
Publisher: Drawn and Quarterly \$22.95; 41 minutes and 80 pages

Mike Donachie
Metro | Canada

Few superhero reinventions have caused such a stir as this one. Batgirl is back, and this time she's a millennial.

Barbara Gordon has been around, in one form or another, since the 60s, and she's been through the wars. Batgirl has existed in many guises, too, with various faces under the cowl, but DC really hit the reset button in recent years, first by restoring Babs as Batgirl in 2011, and then with this 2014 partial relaunch as Batgirl of Burnside.

The gist is that Barbara, living with an empty bank account and having lost her costume in a fire, makes a new outfit with real, actual clothes and some fabric paint. Meanwhile, she's

moved to Burnside, a hip area of Gotham City that closely resembles Brooklyn.

The result is a believable, relatable character who breaks from comic-book traditions in all the right ways. She still fights villains, but she also has a group of friends, online presence and party lifestyle that suit her age group.

It's fast-paced, fun storytelling in a great hardcover book. Cool stuff.



BOOK BRIEFS

Former senator in running for top literary award

Romeo Dallaire is in the running for the \$25,000 RBC Taylor Prize recognizing works of literary non-fiction.

Dallaire is on the long list of a dozen contenders for *Waiting for First Light: My Ongoing Battle with PTSD* (Random House Canada). The book chronicles the retired lieutenant-general's struggles with post-traumatic stress disorder. The former senator and author of *Shake Hands with the Devil* and *They Fight Like Soldiers, They Die Like Children* was dismissed from military service in 2000 after being consumed by depression, anger and suicidal thoughts in the aftermath of witnessing the genocide in Rwanda.

The short list will be announced on Jan. 11 and the winner will be named at a gala luncheon on March 6.

Other books on the long list include *Pumpkinflowers: A Soldier's Story of a Forgotten War* by Matti Friedman (Algonquin Books) and *Invisible North: The Search for Answers on a Troubled Reserve* by Alexandra Shimo (Dundurn Press). THE CANADIAN PRESS

BRiO

GIVE THE GIFT OF
COMFORT & BEAUTY
IN SIZES 32A TO 46G

GIFT CERTIFICATES
INCLUDE A PROFESSIONAL
BRA FITTING

PRIMA DONNA

380 Richmond Rd. 721-1585 & 911 Bank 567-9291

JAPAN

Murakami's new novel a mystery

Haruki Murakami's new novel is set for release in Japan in February, and that's about as much as his fans are being told.

Publisher Shinchosha Publishing Co. made the announcement Wednesday. The book's title, theme and exact date of release remain a mystery.

The publisher showed two blank white books on its website with the message, "Har-

uki Murakami's new novel coming soon in February 2017."

Murakami's longer novels have been released in multiple short volumes in Japanese.

A very strange story. That's how Murakami himself described the upcoming novel at an event in Denmark, where he recently travelled to receive the Hans Christian Andersen Literature Award.

There was no indication of when the new novel might be available outside of Japan.

Murakami, 67, usually shies away from the limelight, although he has spoken out on issues such as world peace and nuclear energy. He began writing while running a jazz bar in Tokyo after finishing college. His 1987 romantic novel Norwegian Wood was his first bestseller, establishing him as a young

literary star.

Murakami's most recent novel is Colorless Tsukuru Tazaki and His Years of Pilgrimage, which was released in Japan in 2013.

A collection of short stories, Men Without Women, was published in 2014. His million-seller 1Q84 in 2009 was one of his longest novels, with the Japanese edition totalling three volumes.

THE ASSOCIATED PRESS



Japanese author Haruki Murakami, centre, is releasing a new novel in Japan in February, and that's about as much as his fans are being told. MELISSA HJERRILD/POLFO TO VIA AP, FILE

TOP HONOURS

Obama welcomes 4 Nobel Prize laureates

President Barack Obama welcomed four recipients of the Nobel Prize to the White House on Wednesday. Singer Bob Dylan wasn't among them.

Obama used the Oval Office meeting to send a reminder that America is unique in its ability to attract talent from all around the world to study at its universities.

Obama met with Duncan Haldane and J. Michael Kosterlitz, laureates of this year's Nobel Prize in Physics; Oliver Hart, laureate of the Nobel Prize in Economic Sciences; and Sir J. Fraser Stoddart, laureate of the Nobel Prize in Chemistry.

Obama said their work would lead to new products and technology, some of which can't be anticipated yet, and would inspire future scholars and scientists.

Dylan was awarded the 2016 Nobel Prize for literature but won't be attending the prize ceremony. He may travel to Stockholm next year and might give his Nobel Lecture then.

There was much speculation going into the day about whether Dylan would skip the White House meeting.



President Barack Obama speaks to 2016 American Nobel Prize winners in the Oval Office. THE ASSOCIATED PRESS

But White House spokesman Josh Earnest said during Wednesday's press briefing that "unfortunately, for those of you wondering, Bob Dylan will not be at the White House today, so everybody can relax."

Earnest says Dylan didn't give a reason, but he noted that Dylan and the president had met previously and "the president enjoyed meeting him."

In 2012, Obama presented the singer-songwriter with a Presidential Medal of Freedom.

THE ASSOCIATED PRESS

BOOK BRIEFS

'Bad sex knows no borders'

Acclaimed Italian novelist Erri De Luca has added a somewhat tarnished trophy to his list of accolades — the Bad Sex in Fiction Award.

De Luca won the tongue-in-cheek prize Wednesday for The Day Before Happiness, the story of a Neapolitan orphan growing up after World War II.

Judges said they were swayed by a description of two lovers "like ballet dancers hovering en pointe." They said De

Luca's victory "is a reminder that, even in the wake of Brexit, bad sex knows no borders."

A novelist, poet, essayist and translator, De Luca is the 24th winner of the Bad Sex prize, awarded by the Literary Review magazine to spotlight "poorly written, perfunctory or redundant" sex writing.

Explicitly pornographic works aren't eligible.

Past winners include Norman Mailer and Tom Wolf.

THE ASSOCIATED PRESS



GIFTS
THAT
GIVE

wrap yourself in holiday spirit

WESTBORO VILLAGE'S CHARITY EVENT
DECEMBER 3rd & 4th

Get your shopping done early and give back to the community.
A percentage of your purchase will be donated to a charity of your choice!

LOOK FOR THE GIFTS THAT GIVE LOGO AT PARTICIPATING STORES BELOW:

- Brio Bodywear
- Kiddie Kobbler
- Kitchenalia
- Natural Food Pantry
- Polanco
- The Best You
- Westboro Closet Candy

PARTICIPATING CHARITIES:

- Canadian Cancer Society
- Children's Wish Foundation, National Capital Chapter
- Dovercourt Recreation Association
- Habitat for Humanity Greater Ottawa
- Heart and Stroke Foundation
- The Ottawa Mission Foundation
- The Westboro Region Food Bank

Gardeners make great friends

GIFT GIVING

Preserves in a pretty package are great presents

Holidays are the perfect time to give foods preserved from your garden.

The top five canning recipes used during the holidays are for applesauce, cranberry sauce, jalapeno jelly, apple pie filling and sauerkraut, according to a recent survey by Jarden Home Brands, makers of Ball-brand mason jars.

There appears to be a distinctive second season for food preservation — a spike from late November into December made by canners who want to share homemade gifts in jars.

“Many consumers can syrups, jellies and sauces to give away as holiday gifts, along with crafting and decor use for the holidays,” said Jeff Marvel, a Jarden spokesman.

The jars themselves can be collector’s items and serving accessories on tables or sideboards.

“People prefer to see the vibrant colours of their fresh-packed tomatoes or peaches in clear glass,” said Judy Harrold, Jarden’s consumer affairs manager. “Things like granola and layered cooking mixes tend to look better in coloured jars. The same goes for non-food items like candles, potpourri, bath salts and collectibles.”

Gardeners’ holiday gifts are driven in part by the kinds of edibles harvested late in the

growing season, and in part by traditional holiday menus.

Younger canners are using ingredients from all over, Harrold said.

“They rely more on farmers’ markets than they do backyard gardens for their produce. And they only go to the grocery store when they don’t have an ingredient to fit into their recipes,” she said.

All of the food-preservation techniques — canning, freezing, dehydrating, fermenting and cold storage — delay or stop spoilage while sealing in flavour and nutritional value. But home canners must use the proper techniques so they don’t pass along any food-borne illnesses.

Under-processing canned goods could lead to bacteria in the food without any outward signs of spoilage, said Elizabeth Andress, a University of Georgia food-safety specialist.

“Gift giving is not a good time to experiment or try new procedures,” Andress said. “If you’re talking canning, don’t experiment with anything in the low-acid realm at all.” That would include meats and vegetables.

Also, ensure that the jars you use are meant for canning.

“Some jars are intended for non-canning purposes, like crafts,” and can’t withstand the heat or temperature changes of the canning process, Andress said.

Be descriptive with jar labels. You can make your own or find labels made-to-order online.

“In addition to letting the receiver know exactly what the food is by listing the in-

gredients on the label, it’s a nice touch to recommend how to use it,” Andress said. “Things like apple rings or chutneys or pepper jellies. The latter is especially good with cream cheese.”

THE ASSOCIATED PRESS



Hand-written labels add a personal touch. DEAN FOSDICK/THE ASSOCIATED PRESS


RBC Royal Bank
RBC Banque Royale


WESTBORO
VILLAGE

Light up the Village

A WESTBORO VILLAGE TRADITION...FOR THE WHOLE FAMILY!

ANNUAL TREE LIGHTING CEREMONY

SATURDAY, DECEMBER 3RD, 5:00PM

THE COURTYARD OF ALL SAINTS/
FIRST UNITED WESTBORO CHURCHES,
347 RICHMOND ROAD

Join Kitchissippi Ward Councillor, Jeff Leiper, Westboro Village BIA representatives and Church pastors for this annual family event.

COME MEET SEGUN MAKINDE, RBC OLYMPIAN AND MEMBER OF THE 2016 MEN'S 4X100M RELAY TEAM!

PERFORMANCE BY THE RENAISSANCE CAROLERS STARTS AT 5:00PM.

Donations of non-perishable food items to the Westboro Food Bank will be graciously accepted.





Gift giving is not a good time to experiment or try new procedures.... If you're talking canning, don't experiment with anything in the low-acid realm.

Elizabeth Andress



ISTOCK

Friends who reno stay together

RENO ROOKIE

Renovations are the closest thing to 'play' for adult men

Matthew Chung
For Torstar News Service

I'd never felt so relaxed in the midst of a renovation.

Sure, the deck was being demolished, we weren't sure what we'd find underneath and the work had to be completed that weekend or the deck builders wouldn't be able to start on schedule.

But this wasn't my house. It belongs to my childhood friend Karl. He'd organized a small team — his brother, another friend and me — to help fill his dumpster with splintered deck boards. He would have to decide how to remove the poured concrete we discovered below the boards.

All I had to worry about was whether or not Karl had stocked enough beer for post-demolition drinks.

After nearly a year of doing renovations at my own home, I still don't particularly enjoy spending my spare time trying to fix things through trial, error and YouTube.

But I have enjoyed the opportunity to hang out with good people that the projects provide. Especially since, now firmly entrenched in my #adulting years, those opportunities are scarce.

For instance, as kids, Karl and I played baseball and basketball



Matthew Chung (right) seen here with his childhood friend and now neighbour Karl. Renovations aren't always fun, but when you get a little help from your friends, the experience changes from a chore to a chance to bond, writes Chung. NICK KOZAK/FOR TORSTAR NEWS SERVICE

in the summer and built snow forts in the wintertime.

Now, through coincidence and circumstance (that is, we couldn't afford to buy a house elsewhere in our city) we live just a 10-minute walk from each other. Yet I doubt we would see

each other as often as we do if not for one of us seeming to always have a project on the go.

I guess the closest thing to "play" for adult men, short of beer league softball and pickup hockey, is home renovations.

Except there's a lot at stake

in this game, which makes me grateful for the friends who either know more than I do or are just eager to lend a hand.

If not for my discovery of a mysterious crack in my ceiling, a year likely would have passed before I next saw my

cousin Tim, a veteran DIY-er with experience repairing walls and ceilings.

Instead, we spent half-a-dozen weekends catching up and sharing stories, while working toward hanging drywall in my living and dining room.

66

If not for my discovery of a mysterious crack in my ceiling, a year likely would have passed before I next saw my cousin Tim.

I'm sure that by the second weekend he was wishing he hadn't responded to my Facebook messages. But we were all smiling a couple of months later when my wife and I were able to host Tim, his wife and their daughter for dinner in the dining room he'd helped me renovate.

So, I was smiling wide as I took baseball-style swings with a sledgehammer at what had been Karl's deck steps, not just because it was fun but because I was thinking of all the barbecues he'd be hosting next summer.

"Are you going to put in a hot tub?" I quipped between carrying cinder blocks and wood to the bin.

Meanwhile, Karl's brother considered Karl's plans to build a two-level deck and joked, "Have you thought about building a slide?" Now, that's what friends are for.

Matthew Chung, 33, is a communications manager living in and attempting to renovate his first house. You can follow his progress on Instagram @mjchung.



The BALMORAL
HOMESTEAD

99 Range Road
613.234.6377

Model Suite Open 7 Days A Week

LUXURY RENTAL RESIDENCES ALONG THE RIDEAU RIVER

HURRY! OVER 60% RENTED!

Featuring:

- Spacious Open Concept Suites
- 765-1735 Square Feet
- Engineered Hardwood Flooring
- Stainless Steel Appliances
- Sile Stone Countertops
- In-Suite Laundry

Two Fitness Centres

- Two-Storey Theatre
- Social Lounge
- Billiards Room
- Rooftop Terrace
- Outdoor Rooftop Kitchen
- And that's just the beginning...

WE TRIED IT

Life-hack put to the test

Ariel Teplitsky
Torstar News Service

The problem

You want to shave, put on makeup, brush your teeth or just stare into your own beautiful eyes after a nice refreshing shower — but now the mirror is all fogged up.

You could wipe it with your hand, but that will leave streaks and the fog will fast return, a perplexing problem indeed.

Dear lord, there must be a better way!

The solution

Your most petty prayers have been

answered.

According to life hack science, all you need is a dollop of shaving cream.

Let's see if it works.

Step 1:
Squirt

Step 2:
Smear

Step 3:
Wipe away with a wet cloth.

Step 4:
Hot 'n' steamy shower.

The result

The mirror is all fogged up! That didn't work at all.

But what if the

problem was the shaving cream I used?

Maybe the all-natural, fragrance-free, "botanical blend" cream is lacking in fog-inhibiting chemicals.

Test 2:

I redo the test with good, old-fashioned, totally unnatural shaving foam, smearing it on the mirror then wiping it away before hopping in a hot shower.

The result:
Eureka!

It worked perfectly, leaving a circle of clarity in the middle of a fogged-up looking glass. Life hackers recommend the technique for defogging eyeglasses and windows as well.

May the view of your perfect face never be obstructed again.



The Canadian Olympic Committee has partnered with the creative agency that developed the Toronto Raptors' "We The North" campaign

QB controversy begins

REDBLACKS

Team unsure if Burris or Harris will take snaps in 2017

Still basking in the afterglow of their first Grey Cup victory, the Ottawa Redblacks know some hard decisions are coming this off-season.

While general manager Marcel Desjardins will be busy dealing with free agents and acquiring new talent, the biggest question hanging over the Redblacks this off-season could be how they handle their quarterback situation.

Ottawa has Grey Cup MVP Henry Burris and Trevor Harris under contract for 2017 and it's unlikely either would be satisfied with a supporting role next year.

The Redblacks acquired Harris last season with the understanding that he would be the starter for 2017, but Burris has shown he's still a big-game quarterback at age 41 after his Grey Cup performance.

Burris was unavailable for the final media availability as he dealt with a knee injury suf-



Trevor Harris and Henry Burris took turns as the Redblacks' starting quarterback this season but it was Burris who led them to victory in the Grey Cup game. RYAN REMIORZ/THE CANADIAN PRESS

fered during warm-ups at the Grey Cup, but has said he won't make a decision on his future until at least January.

"The whole process with respect to Henry is going to come down to what he wants to do and what he

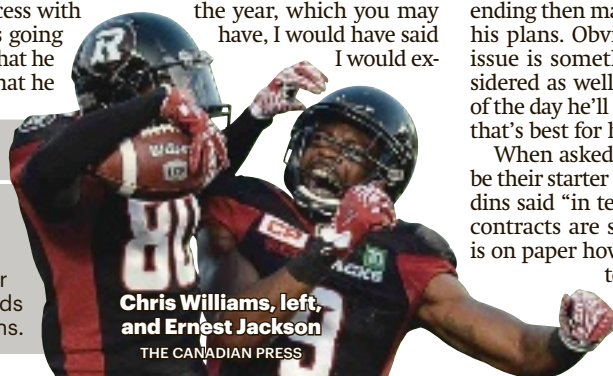
and his family feel is in their best interest moving forward," Desjardins said. "If you were to ask me this at the beginning of the year, which you may have, I would have said I would ex-

pect him to be back in 2017, but you never know how things play out.

"If everything is storybook ending then maybe he changes his plans. Obviously the knee issue is something to be considered as well and at the end of the day he'll make a decision that's best for him."

When asked if Harris would be their starter for 2017, Desjardins said "in terms of how the contracts are structured, that is on paper how it will be as of today."

Having played behind quality



Chris Williams, left, and Ernest Jackson THE CANADIAN PRESS

+ SCHEDULED FREE AGENCY

■ Ottawa will have some big decisions to make as far as its receiving corps as Greg Ellingson, Ernest Jackson and Chris Williams are all set to

become free agents.

■ All three had over 1,000 receiving yards the past two seasons.

MLB

Cespedes, Mets make deal official

Yoenis Cespedes and the New York Mets have finalized a \$110-million, four-year contract.

Cespedes and the team were to discuss the deal at a news conference Wednesday at Citi Field.

A two-time all-star, Cespedes gets \$22.5 million in 2017, \$29 million in each of the following two seasons and \$29.5 million in 2020.

The 31-year-old outfielder receives a full no-trade provision as part of the agreement, the largest for a free agent thus



Yoenis Cespedes GETTY IMAGES

only Miguel Cabrera's \$29.2 million with Detroit.

THE ASSOCIATED PRESS

IN BRIEF

Sens' Anderson takes leave to tend to wife

Ottawa Senators goaltender Craig Anderson has taken a leave of absence from the team as his wife, Nicholle, battles a rare form of throat cancer.

The Senators announced the development on Twitter and said Anderson isn't expected to be available for Ottawa's game Thursday against visiting Philadelphia.

THE CANADIAN PRESS

MMA

GSP among stars who launch guild

Former UFC champions Georges St. Pierre, Cain Velasquez and T.J. Dillashaw have joined an attempt to form a mixed martial arts fighters association.

Current UFC fighters Donald (Cowboy) Cerrone and Tim Kennedy also announced their participation Wednesday in an organizing effort led by fighters and joined by Bjorn Rebney, the former CEO of Bellator.

The Mixed Martial Arts Athletes Association is the latest attempt to organize fighters in

“

I just know that I'm ready to be a franchise quarterback.

Trevor Harris

quarterbacks his entire career, Harris is excited at the prospect of being the number-one guy.

"I just know that I'm ready to be a franchise quarterback and that's just how I feel," Harris said. "That's why I came here. I knew what the situation was this year and was happy to do whatever I needed to do.

"I just know where I'm at as a quarterback and as a person and the age I'm at and I'm ready to move forward as a franchise guy. Whenever that's my time I'll be ready."

Harris says if Burris returns he'll deal with the situation when the time comes.

Burris was clearly bothered by losing the starter's job this season and if healthy would likely want to play an integral role.

"When we signed Trevor, before we even went down that path, we had a discussion with Henry as it relates to 2017 and what the plan would be," Desjardins said. "Nobody would have expected it necessarily to play out the way it did, but these are circumstances we have to deal with now which is not a bad place to be to be honest with you."

For now Desjardins expects both will be in camp to start the season. THE CANADIAN PRESS

CHAPECOENSE

'We will rebuild this club'

Six players, a handful of support staff, and deep sorrow are all that remain of Brazil's Chapecoense soccer club.

They will still try to play again. Because they know that's what their 19 teammates who died when a charter plane ripped into an Andean mountainside would want them to do.

"In the memory of those who died and to honour their families, we will rebuild this club from scratch so it is even stronger," club director and local businessman Cecilio Hans said. "We had material assets and human assets. Now we've lost nearly all of our human assets."

3

Only three players survived the crash, and all are recovering at a hospital in Colombia.

Other clubs in Brazil's top league are offering to loan players to Chapecoense, with a proposal that the modest club in deep southern Brazil is guaranteed to stay in the top division for the next three years.

"The club will rebuild, I am sure," said Walter Feldman, secretary general of the Brazilian Football Confederation. "Eight clubs have already called me to offer concrete, material solidarity. We are studying ways to best help."

Monday's crash occurred as the team was on its way to the two-game final of the Copa Sudamericana — the No. 2 tournament on the continent.

THE ASSOCIATED PRESS



A boy takes part in a tribute to the victims in Medellin, Colombia, on Wednesday. RAUL ARBOLEDA/AFP/GETTY IMAGES

+ RIVALS

Three of the involved fighters are represented by Creative Artists Agency, a rival of the WME-IMG conglomerate which bought the UFC earlier this year.

a famously individualistic sport into a collective bargaining unit. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Fragrant One Pot Sweet Potato and Arugula Pasta



PHOTO: MAVA VISNENI

Ceri Marsh & Laura Keogh
For Metro Canada

The peppery arugula and woody rosemary are the perfect match for sweet potato in this dish designed for fall.

Ready in 30 minutes

Prep time: 15 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 500 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes
- 4 garlic cloves, thinly sliced
- 1 shallot, cut into thinly sliced
- 1 sprig of rosemary
- 3 Tbsp of olive oil, plus 1 for garnish

- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- Salt and pepper to taste

Directions

1. Combine penne, arugula, sweet potato, garlic, shallot, rosemary, 2 Tbsp oil, salt and water in a stock pot. Bring to boil over high heat. Cook, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, about 10 minutes.

2. Remove pot from heat and take out the rosemary stem. Stir in the last tablespoon of oil, cheese and season with salt and pepper to taste. Serve with another sprinkle of cheese.

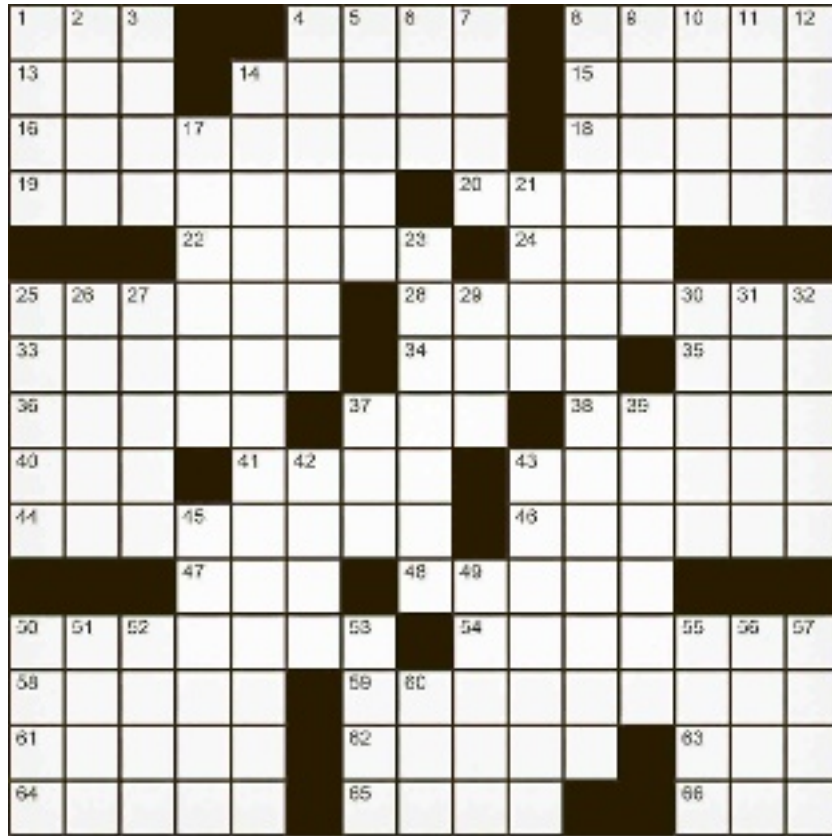
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- River for Calgary
- Biblical land where Moses was buried
- Reads 'em and does this
- A famous Charlotte
- H.H. _ (British author whose pen name was Saki)
- Peculiarly
- Alberta hamlet east of Edmonton
- _sized (Printer paper selection)
- Main meaning
- Canadian restaurant chain; or, Mr. Grammer's of "Frasier"
- Fanatic sects
- Sure-footed animal
- Conniver's creation
- NY, ME and CA, e.g.: 2 wds.
- Guided
- Mark Antony's love, to pals
- "_ little tea-pot..."
- Swiss-peaks related
- Cavemen yrs.
- Canadian ski legend Ms. Greene
- Needs-to-be-sewn site
- Spandau Ballet hit
- Posh couch
- Worker's wish: 2 wds.
- Canyon communicator
- Municipal council member, e.g.
- Tractor company, John _
- 1990s MTV personality Daisy
- Ms. Newton of "The Pursuit of Happiness" (2006)
- Soap actress Ms. Slezak
- Powerview-_, Manitoba



DOWN

- Hillside
- Rows
- Gets hitched
- Built like a body-builder
- Commencement
- 1920 T.S. Eliot volume of poetry, _ Vos Prec
- Strike
- Frankenstein creator formally, Mary _ Shelley (b.1797 - d.1851)
- The ancient Turkish city of Urfa as it was known in Mesopotamia
- The _ (U2 guitarist)
- Dramatist's creation
- Hockey Hall of Famer Mr. Apps'
- Undertaking for the valiant: 2 wds.
- Draw back
- Naturalness
- Deliver the goods
- Piercing
- Shakespeare: As You Like It role
- Pharrell Williams' uplifting hit
- John and Yoko's son ...his initials-sharers
- Rio _ Alcan Planetarium (Montreal space attraction)
- Ryan Seacrest, for one
- Brit singer Leo
- Greyhound vehicle
- The Parthenon goddess
- Roller Coaster, for example
- "Hold on just one second and listen!": 2 wds.
- Grate/bother
- Sicily's volcano, and namesakes
- Marshes
- Carbamide
- The Queen's cypher: letter + Roman Numeral + letter
- Duration
- Gladiator's 559
- Ms. Gruning of "Casablanca" (1942)
- Those, in Spanish
- Company's stock mkt. debut

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a fabulous day to schmooze with others. Enjoy your interactions with groups and friends, as well as partners and those who are close to you. Laugh it up!

Taurus April 21 - May 21
Today you make a great impression on bosses, parents, VIPs and anyone in a position of authority (including the police). Your ambition is strong, and so is your confidence.

Gemini May 22 - June 21
Do whatever you can to take a vacation or find a change of scenery, because you need this. Today you want adventure, thrills and a chance to learn something new and exciting!

Cancer June 22 - July 23
This is an excellent day to discuss shared property, taxes, debt and inheritances, because quite likely you will end up laughing all the way to the bank.

Leo July 24 - Aug. 23
Your interactions with others are positive and dynamic today, primarily because you have lots of energy. Because enthusiasm is always contagious, people are pumped to be in your presence.

Virgo Aug. 24 - Sept. 23
You will get a lot done at work today because you are energetic, focused and upbeat. A happy mind that is ready to work is unstoppable!

Libra Sept. 24 - Oct. 23
Accept all invitations to party, because © 2016 King Features Syndicate, Inc. today is a wonderful, social day for you. Enjoy the arts, sports events, playful times with children and romantic liaisons.

Scorpio Oct. 24 - Nov. 22
Increased activity and chaos on the home front might be a challenge. However, today you have the energy to pull your act together at home. Do what you can.

Sagittarius Nov. 23 - Dec. 21
You will be successful in all your communication. This is great news for those of you who sell, market, teach, act or write for a living.

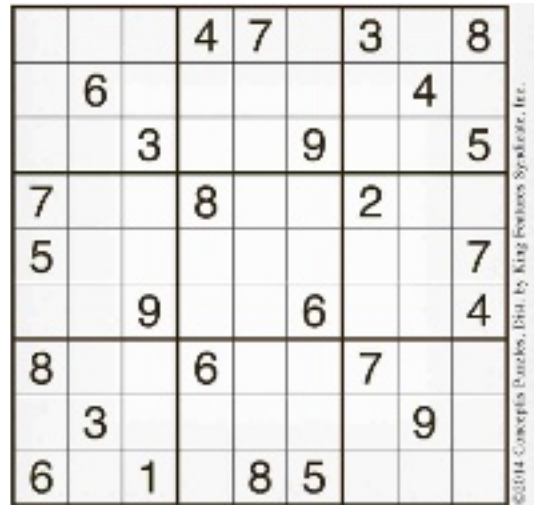
Capricorn Dec. 22 - Jan. 20
This is a moneymaking day for you! Trust your moneymaking ideas. All of your financial negotiations will benefit you.

Aquarius Jan. 21 - Feb. 19
Fiery Mars is in your sign today, dancing with lucky Jupiter. This gives you lots of positive get up and go! It's a great day for athletics and outdoor activities.

Pisces Feb. 20 - March 20
Secret liaisons will be exciting today. (This includes private love affairs.) You're happy to work alone today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



THE HANDY POCKET VERSION!

Get the news as it happens



metro



Download the Metro News App today at
metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games





mattamyHOMES

**AFFORDABLE LIVING MEETS INCREDIBLE
STYLE IN SUMMERSIDE WEST**

The Walnut Model Home
in Summerside West, Orléans



**AFFORDABLE, STYLISH TOWNS
& DETACHED DESIGNS**

Summerside West is our thriving new community in Orléans. Ideal for energetic, modern families, your community is centred around a 27-acre park & pond complex. You're also conveniently close to great recreation, entertainment and shopping. Make your best choice, visit our Sales Centre today.

 **SALES CENTRE**
2496 Tenth Line Rd
613-837-5056

Townhomes
From **\$229,990**

Detached Homes
From **\$322,990**



30' HOME, THE MARIGOLD CORNER 'A' 1,710 SQ.FT. \$354,990



36' HOME, THE PARKSIDE 'A' 2,669 SQ.FT. \$451,990








ELEV. 'A1'

VILLAGE HOME, THE APPLEBY 'A1' 1,100 SQ.FT. \$229,990



43' HOME, THE WALNUT 'A' 3,218 SQ.FT. \$524,990

 SALES CENTRE HOURS	Monday - Thursday 1pm-8pm; Friday 1pm-6pm; Saturday, Sunday and Holidays 11am-6pm	  
 MODEL HOME HOURS	Monday - Thursday 1pm-7:30pm; Friday 1pm-5:30pm; Saturday, Sunday and Holidays 11am-5:30pm	



Proud Partner of the Canadian
National Track Cycling Team

All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.



Introducing Bell Total Connect for small business.

Bell Total Connect and Business Internet delivered on the Fibe™ network:

FROM **\$84** 95/MO.¹
For new customers
on a 36-month term

- Work seamlessly on any device – desk phone, laptop, smartphone
- Business phone with 14 calling features + unlimited N.A. long distance²
- Manage all your messages as emails with Voicemail to Email
- Business Fibe Internet 25 + unlimited usage + amazing Wi-Fi coverage³
- Online security, IT support, Data backup⁴
- The latest features updated through the cloud

Do more and make more every day with Bell – the service provider more Ontario businesses choose than any other.⁵

Call 1 866 530-1767 or visit bell.ca/btc

Bell doing business
just got
better

Offer ends December 31, 2016. Available to new customers in Ontario, where access and technology permit and where business phone service is not CRTC-regulated. Subject to change without notice and cannot be combined with any other offer. Installation fees of \$80 for Internet and \$125 for Bell Total Connect. Taxes extra. Other conditions apply. Fibe is a trademark of Bell Canada. (1) Subject to a 36-month term with Internet download speeds of up to 25 Mbps and upload speeds of up to 10 Mbps and Bell Total Connect Go package. Early cancellation charges apply. (2) Includes: 1. Call Display, 2. Call Blocking, 3. Enterprise Directory, 4. Call Trace, 5. 3 Way Calling, 6. Call Transfer, 7. Speed Dial, 8. Call Forwarding, 9. Do Not Disturb, 10. Call Waiting, 11. Last Number Redial, 12. Call Hold, 13. Call Park/Pick-up, 14. Voicemail. Unlimited long distance minutes apply to direct-dialed outbound calls to Canada and the continental U.S., incl. Alaska and Hawaii; excl. toll-free calls. Calls to certain conference or adult services or to high-cost areas may be restricted. (3) Unlimited usage is subject to the Business Terms of Service; see bell.ca/businesstermsofservice. Wi-Fi modem rental included. Speeds and signal strength may vary with your configuration, Internet traffic, server, environmental conditions or other factors. (4) Includes 1 license of Total Protect (Internet Protect, Data Protect and PC Protect). Subject to technical requirements; see bell.ca/totalprotection. (5) Based on a survey of businesses in Ontario by Nielsen.